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# Say it ain't so!

Pledge to spare front-line workers does not save HQ staff from layoffs. PAGE 11

## OTTAWANS NAB JUNO NODS

**Ottawa county artist Kira Isabella poses for a photograph on the red carpet during the 2015 Juno award nominations news conference in Toronto on Tuesday. Isabella was one of several artists with local connections nominated. For more on Juno nominees, see pages 7 and 14.** NATHAN DENETTE/THE CANADIAN PRESS

# Dead end for Spookland rave sex assault probe

**Crime.** 16-year-old girl was drugged, found partially clothed and unconscious

Police in Wakefield say a 16-year-old girl found drugged, partially clothed and unconscious at a DJ dance party in Cantley last fall was not raped, but may have been the victim of inappropriate touching at the troubled Spookland Halloween party.

MRC des Collines police spokesman Const. Martin Fournel says that it's "impossible" to identify the perpetrators who allegedly groped three teenaged girls at the Mont Cascades party due to "insufficient information."

"The other two victims, who were not under the influence of anything, were not able to give us any description," said Fournel. "When it's coming from behind and you are getting touched for a split second and then they are gone, it's really hard."

The investigation has been put on hold while police wait for new information to surface.

Two of the girls were allegedly touched while they waited in line to get into the Oct. 31 Halloween party, which featured three dance floors and several DJs playing dance music well into the wee hours of the morning.

The third girl, 16, was found barely clothed and unconscious on the party grounds. Toxicology reports proved she was drugged with GHB, commonly known as a date rape drug. But police say a rape kit examination proved the young girl was not raped.

Fournel said a female security guard noticed a crowd of people around the unconscious girl, ran to her rescue, and took her to a safe place.

"She didn't have any recollection of anything," added Fournel, who said the girl was given the drug without her knowledge.

"We have no suspects, so we are in a dead end right now."

The party, put on by I'm With The DJ Promotions, was troubled from the start with nine revellers being taken to hospital for drug and alcohol poisoning.

The problems started on the bus, according to police, who say underage partiers were boozing on the bus ride from Ottawa and most showed up already under the influence of drugs and alcohol.

Police spent hours trying to shut down the out-of-control party and finally got a hold of things around 3 a.m.

Mont Cascades later said it would no longer host private DJ dance parties after the Oct. 31 nightmare and police are reviewing the incident to ensure the resort didn't break alcohol regulations.

Police are now urging anyone with information to contact Sgt-Det. Patrick Tremblay at 819- 459-2422 ext. 3286.

TREVOR GREENWAY/METRO

Winterlude

## Much more than just ice skating

Allergic to the cold? No worries — you can still enjoy Winterlude.

The City of Ottawa issued an outline of fun activities Tuesday that will happen inside.

**Lansdowne:**

- During Winterlude's opening weekend, Sax in the City will transform the Horticulture Building at Lansdowne Park into a nightclub. Eight acts featuring an eclectic mix of jazz, folk, pop and electronic music will fill the air on Friday and Saturday. Doors open at 7 p.m. each night. Admission is free, but restricted to adults 19 and older.

- Montreal's Sylvain Bilodeau's work will be showcased at the first-ever Winter Design Festival Design and Build Competition at Lansdowne Park. On Feb. 6, residents can visit the Agora from 7 to 10 p.m., an event that ties together fashion, architecture, industrial design and live music. On Feb. 7 from 3 to 4:30 p.m., the Winter Design Festival Oratory will feature discussion about winter-themed art and design.

- You can sample a range of craft beers paired with beer-inspired local cuisine at the Winter Brewfest in the Horticulture Building on Feb. 13 and 14. This event is part of the Gatineau beerfest, Festbière. Tickets available at brewfest.ca.

**Shenkman Arts Centre:**

- Fête Frissons takes place Feb. 7 from 8:30 a.m. to noon and features live entertainment, crafts and a complimentary pancake breakfast for the first 400 guests.

- Improv and comedy troupe Improtéine performs on Saturday.

- Musician Stef Paquette performs on Feb. 7.

- Singer Michel Louvain performs on Feb. 14.

- The production Felicity Falls takes place on Feb. 15 and 16.

METRO

# 'We survivors have to live it again'

**Holocaust.** 81-year-old Vera Gara says recent attacks in Europe have made anti-Semitism fresh in minds of Jews

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Ottawa resident and Holocaust survivor Vera Gara, 81, places a rose in a vase at the Holocaust Remembrance Day ceremony at city hall on Tuesday. JOE LOFARO/METRO

A Holocaust survivor from Ottawa who was recognized at the Holocaust Remembrance Day ceremony Tuesday said the few remaining survivors are reliving the hatred and racism they thought would have ended 70 years ago with the liberation of Auschwitz-Birkenau.

Vera Gara was 11 years old when her family was taken from their home in Hungary to the Bergen-Belsen concentration camp in Nazi Germany.

The 81-year-old has spoken publicly about how she considers herself "lucky" not to have been sent to Auschwitz, where more than a million people were killed, as well as the importance of remembering the Holocaust.

But with recent attacks in Europe in the past weeks, anti-Semitism is fresh in the minds of many Jews around the world, including Gara.

"We survivors have to live it again. Why do they hate us? What did we do?" she said in an interview following the ceremony at Ottawa City Hall. "What did the 1.5 million (Jewish) children do who were taken?"

Minister of Employment, Social Development and Multiculturalism Jason Kenney, Mayor Jim Watson, foreign dignitaries and other speakers Tuesday pointed to the attack on the kosher supermarket in Paris that killed four people.

Liberal Leader Justin Trudeau said the National Holocaust Memorial, which is expected to be constructed and unveiled near the Canadian War Museum in Ottawa later this year, will help educate people about anti-Semitism.

"It is not only a tribute to the memory and survival and to the strength and vibrancy of the Jewish community in Canada and around the world," said Trudeau.

The sombre ceremony brought some survivors to tears. More were expected to attend, but were too frail to be there Tuesday, Rabbi Reuven Bulka told the crowd.

Gara was among the few survivors to place a commemorative rose in a vase at the conclusion of the ceremony.

She said she wants people to be tolerant as they remember the Holocaust this year.

"The Jews have many faults, too. They aren't angels, either. But we can make amendments and we can try to be good to each other. Help each other," she said. "It doesn't matter how you look like. You are a human being."

# Councils should face penalties for meeting in secret, says ombudsman

Ombudsman Andre Marin speaks at Queen's Park after releasing his report about closed municipal meetings. RICHARD J. BRENNAN/TORSTAR NEWS SERVICE

Municipal councils in Ontario should face consequences when they ignore the law that requires most of their meetings be public, ombudsman Andre Marin said Tuesday as he accused some politicians of "twisting the rules."

Local councils could be discussing matters of public safety and other issues that people have every right to hear, but some go out of their way to close the doors, added Marin.

"Some councils are still breaking the law, whether through ignorance or intent," he said. "My main concerns haven't changed: There are no consequences for breaking it."

The Bruce County council near Lake Huron held eight years of secret meetings with a government agency to discuss burying nuclear waste in the Kincardine area.

Elliott Lake kept no records on 12 years of secret meetings, so officials could not find out if there were debates about the parking garage on the roof of the local shopping mall, which collapsed in 2012, killing two women.

Municipal councils can have the ombudsman investigate complaints about closed meetings for free, or hire a "review officer" through the Association of Municipalities of Ontario, but Marin said they do shoddy work and err on the side of secrecy.

A total of 196 of Ontario's 444 municipalities have agreed to use Marin, while 134 hired investigators through AMO's Local Authority Services.

Marin did not suggest what consequences offending politicians should face, but his report pointed out violating similar laws in Arizona, Georgia, Iowa and Wisconsin can result in fines, and even in potential jail terms in Illinois and Michigan. THE CANADIAN PRESS

## Business. Pyrotechnics distributor seeks ban on pop-up fireworks stores

An Ottawa fireworks distributor is calling for a city ban on the temporary pyrotechnics shops often seen in parking lots.

Ken Whyte, of J.G. Whyte & Son Ltd., said "fly-by-nights" that parachute in during the summer months are unfair to the permanent local stores that supply firecrackers.

He has sent a petition to City Hall with more than 200 signatures. About half are from the Ottawa merchants he supplies.

"It really hurts the local businesses who, you know, are here amongst us all year and pay taxes," he said.

According to city bylaws, businesses can sell fireworks only on Canada Day and Victoria Day, plus the weeks leading up to each of those holidays. So they are already restricted on the sale of these items, said Whyte.

"It just doesn't seem fair that people should be allowed to float up and squeeze them like this," he said.

A do-it-yourself fireworks display TORSTAR NEWS SERVICE FILE

In Ontario, temporary stores serve demand during the busy summer months, when fireworks are permitted in many cities on Canada Day.

From 2011 to 2013, Toronto-based Kaboom Fireworks more than quadrupled their temporary locations across Ontario, expanding from nine stores to 40. LUCY SCHOLEY/METRO WITH FILES FROM TORSTAR NEWS SERVICE

Vanier

### New campaign aims to connect merchants with residents

What do you love about Vanier? A new campaign organized by Quartier Vanier aims to find out.

University of Ottawa co-op student Rebecca Klaassen is working with the business improvement group and has started the campaign #ILoveQV in an effort to building a stronger community between residents and businesses. Klaassen spends her days walking the streets of Vanier, stopping both business owners and residents to ask them what they love about the neighbourhood.

"I talk to them, find out what they love and then show that to the rest of Ottawa. It's all about showing all the good things Vanier has to offer," she said.

Klaassen created the Twitter hashtag #ILoveQV and an Instagram account to help spread the word. She is also planning to reach out to community groups to further assist the campaign.

More information about the campaign and the BIA is available on its website, vanierbia.com.

METROLAND NEWS SERVICE

# ByWard Market to house Canada's first Andaz Hotel

**New project.** Rooftop terrace and restaurant could offer one of the best views of Ottawa

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A luxurious boutique hotel chain that towers in New York, London and Tokyo is headed to the ByWard Market to make its mark on the "centre of Ottawa's nightlife."

Hyatt Hotels Corporation announced Monday that its affiliate has reached an agreement with Claridge Homes to create a 200-room Andaz Ottawa ByWard Market hotel.

The hotel will be the first Andaz-branded hotel in Canada and is expected to open in mid-2016. It will boast a restaurant, and a rooftop bar.

According to a June 2014 Bloomberg article about the first in Hyatt's boutique Andaz brand, the Tokyo Andaz catered to a more hip, more tech-savvy clientele, and was unusual in replacing the traditional check-in counter with a lounge and tablet-equipped staff.

"We are delighted to bring the first Andaz hotel to Ottawa and Canada. We believe it will become the new centre of social connections in the ByWard Market, as well as in Ottawa," Claridge vice-president Neil Malhotra said in Monday's news release.

"The Andaz brand's creativity and refined, yet casual atmosphere will elevate the neighbourhood and will connect guests to the best of the local community."

Quoted

**"We are delighted to bring the first Andaz hotel to Ottawa and Canada. We believe it will become the new centre of social connections in the By-Ward Market, as well as in Ottawa."**

Claridge vice-president Neil Malhotra

The hotel will be erected at the former site of the Union of Canada building on Dalhousie Street, which was demolished last year to make way for the luxurious hotel.

Andaz Ottawa ByWard Market "will collaborate with local artists, musicians, designers, and other cultural influencers" to run events unique to its Ottawa location, including high-profile speaking series, live performances and exhibitions.

Ottawa Mayor Jim Watson said news of the grand hotel comes at the perfect time, as it will be "well-served" by the city's LRT system and will be "perfectly situated" for guests to celebrate Canada's 150th birthday in 2017.

Follow Trevor Greenway on Twitter @TrevorGreenway

An artist's rendering for an Andaz hotel in the ByWard Market on the site of the old Union of Canada building. HYATT HOTELS CORPORATION

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# ‘I thought I was weak, mentally’

**Bell Let’s Talk Day.** Professional golfer from Ottawa opens up about his depression

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The numbers from the hospital bracelet are tattooed on his wrist. A reminder of his second suicide attempt.

Andrew Jensen, a professional golfer from Ottawa, no longer hides his struggles with depression and mental health. It took years for him to tell his story.

“I’ve always been very talkative and very outgoing. But this one particular facet of my personality and who I was, I hid from everybody for so long,” said the 30-year-old, who now lives in Jacksonville, Fla.

A golfer since age 10, he started playing professionally in 2007.

But as he toured and dealt with sponsors, the stresses started to build. An arm injury sidelined him at the end of a difficult season in 2010. Debt piled on to the personal and professional problems.

He started falling into a familiar place from his teen years, when he tried to take his own life.

“Golf is a mental sport.... I thought I was weak, mentally,” said Jensen.

Oct. 15, 2011 marked a new low.

Just weeks after he left the hospital and tattooed the bracelet numbers on his wrist, another suicide attempt sent him back. Two attempts in three weeks.

The next day, he started seeking therapy. Talking to one person was the “crack in the door” to talking to more people.

“Obviously it’s cliché, but it’s true. If you’re hurting and you’re suffering silently, it’s going to be hard to get better. It’s going to be hard to get healthy if you don’t seek help,” he said.

“Your life is a story, and your story is important.”

Besides pursuing his dream of playing on the PGA Tour, Jensen is acting as an ambassador for Bell Let’s Talk Day on Wednesday.

The daylong campaign raises funds for mental-health initiatives. Bell will donate five cents for every Tweet or text with the hashtag #BellLetsTalk.

**Quoted**

**“Obviously it’s cliché, but it’s true. If you’re hurting and you’re suffering silently, it’s going to be hard to get better. It’s going to be hard to get healthy if you don’t seek help.”**

Andrew Jensen, a professional golfer from Ottawa

**Mental-health awareness**

- **What:** a Canadian Armed Forces media panel discussion on mental health. Jensen will participate with Lt.-Col. Suzanne Bailey, Major Réjean Richard and Master Warrant Officer Jason Pickard.
  **When:** Wednesday at 11 a.m.
- **What:** Olympian Clara Hughes, a spokesperson for Bell Let’s Talk, will do a ceremonial puck drop at the Ottawa Senators game. The Senators will also host Hockey Talks to raise awareness of mental health and donate $100,000 to the Do It For Daron Fund.
  **When:** Thursday
- **What:** The Ottawa 67’s and the Canadian Mental Health Association (CMHA) are teaming up at the home game to raise awareness of mental health.
  **When:** Friday

Professional golfer Andrew Jensen, from Ottawa but living in Jacksonville, Fla., has struggled with depression throughout his career. CONTRIBUTED

# Canadians OK with special forces firing back at ISIL: Harper

Prime Minister Stephen Harper says his opposition rivals are offside with most Canadians when they criticize the military’s repeated firefights with the Islamic State of Iraq and the Levant (ISIL) group.

Harper is responding to question-period attacks by both the NDP and Liberals, who say the Conservatives misled people about the extent to which Canada’s special-forces troops would be involved in combat in northern Iraq.

At the outset, Harper and top military commander Gen. Tom Lawson made it clear the elite trainers would not accompany Kurdish fighters into battle but would instead stay behind the lines to give advice and instruction.

In a statement last week, Lawson said the mission had since “evolved,” but the prime minister brushed that contradiction aside today, saying it’s clear the opposition parties don’t support the mission.

Harper says the troops are executing the mission given to them by Parliament and have the support of the public when they return fire, killing terrorists in the process.

“Once again it is the leader of the NDP who is caught in his own contradictions,” the prime minister said during question period. “Canadian troops, under their commanders, are executing exactly the mission that Canadians have given them, that this Parliament has given them, that Canadians expect. They are advising; they are assisting. Guess what: if fired upon, they are going to shoot back — and if they kill some of the ISIL terrorists, Canadians are going to support that, no matter what the New Democrats think.”

NDP Leader Tom Mulcair says the issue is not self-defence but whether the public believes Harper is telling the truth about what soldiers are doing. THE CANADIAN PRESS

# Ottawa labour council slams WORKshift forum at city hall

**Jobs.** Telework not all it's cracked up to be, says labour leader

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The Ottawa & District Labour Council (ODLC) says it's frustrated and concerned about a conference at city hall that advocated telecommuting and flexible work hours.

The ODLC said it sent a letter to Mayor Jim Watson on Tuesday expressing concern about the WORKshift forum that happened at city hall Monday.

ODLC did not attend the forum, but president Sean McKenny said Tuesday there is "a level of frustration" with WORKshift's messaging on its website.

"It's crazy. It talks about squeezing more production out of the employees by having them work from home," McKenny said. WORKshift Canada is a not-for-profit enterprise that helps organizations understand how to implement workplace transformations.

On Monday, Watson made opening remarks at the forum. More than 150 representatives from public- and private-sector employers attended. The forum included a panel of experts from Rogers, Citrix, KPMG and others.

While McKenny agrees working from home can help employees avoid traffic congestion on major roads and the 417 during the workweek, he is skeptical that most people will reap the benefits of telecommuting and is concerned about legal implications under the Occupational Health and Safety Act.

**Panellists pose at city hall following a forum on telecommuting and flexible work hours led by WORKshift Canada on Monday. The Ottawa & District Labour Council sent a letter to Mayor Jim Watson on Tuesday expressing concern about the event.** JOE LOFARO/METRO

"My experience has shown me that we so often are not even close to the perfect world so that we will end up in situations where in fact that individual ... is working far longer," said McKenny.

"When does the clock stop? When does the individual feel they have contributed enough on behalf of their employer to their work day? Those are the kinds of things we have a lot of concerns about."

Robyn Bews, executive director of WORKshift Canada, could not be reached for comment Tuesday.

On the "Truth Vs. Myth" section of WORKshift's website, it notes that a typical "WORKshifter" works from home one to two days per week.

"This means employees are still in the office for face-to-face meetings and critical interaction for the majority of their work week," the website reads.

A quick perusal of the WORKshift site doesn't reveal the words "squeezing more work from employees," but it does talk about increasing productivity by allowing workers to work from home.

"Relatively few employees report a desire to work from home full-time, and the data associated with successful flexible work arrangements don't support a full-time model," the site says.

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# Bright Nights celebrates the edgier, experimental films

**Movies.** Festival plays up Baltic and Nordic alternative offerings

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Wedged in between the Golden Globes and Oscars season, Ottawa offers a festival of lesser-known, non-Hollywood films.

The low-budget movies of the Bright Nights Baltic-Nordic Film Festival tend to be edgier, experimental and offer a glimpse into the culture of the region.

The fifth annual festival, which runs Feb. 6 to 14, pulls in movies from Sweden, Lithuania, Estonia, Finland, Norway, Latvia, Denmark and Iceland. They range from documentaries to historical dramas and romantic comedies.

A Norwegian film, I Am Yours, about a single mother unsuccessfully pursuing an acting career despite her mother's disapproval, was nominated for the Best Foreign Language Film at last year's Oscars.

Trespassing Bergman is a Swedish documentary about the influential filmmaker Ingmar Bergman. It features interviews with film greats like Robert De Niro, Ang Lee, Martin Scorsese and Lars von Trier.

"There's a strong thread of personal stories around these films, whether it's personal struggle, personal coming of age. It's very intimate," said Jerrett Zaroski, the programmer with the Canadian Film Institute.

The films often have undertones of dark humour and personal isolation that should resonate well with Canadians, he said.

But they're not all gloomy. Well, not completely.

Some say even The Excursionist — about a girl who escapes from a gulag in the Soviet Union to return home to Lithuania — offers a semblance of hope.

"The movie touches a very important subject about our freedom," said Jonas Skardinskas, the minister plenipotentiary for the Embassy of Lithuania. "There are a lot of people who can still relate to what's happening in the movie. People who witnessed, themselves, they were brought to Siberia by Soviets."

It's also timely, given that this year marks the 25th anniversary of Lithuania's independence from the Soviet Union.

**Details**

**The Bright Nights: 5th Baltic-Nordic Film Festival has moved to the River Building Theatre at Carleton University this year.**

- **Price:** Tickets cost $13 for the general public or $60 for a pass.
- **More information:** Visit the film festival's website.

A scene from The Hour of the Lynx, a Danish film that will be featured at the Baltic-Nordic Film Festival. CONTRIBUTED

# Wakefield Film Fest opens window on controversial world

Wakefield moviegoers Jess Harris and Dylan Rollo show off their WIFF tickets last year. TREVOR GREENWAY/METRO FILE

Robert Rooney may not like popcorn, but that doesn't mean he doesn't like good, hard-hitting, thought-provoking movies.

The artistic director of the Wakefield International Film Festival (WIFF) spent the fall watching 40 of the world's best documentaries to shortlist just eight for his small-town, big-screen fest, which starts Feb. 7.

And Rooney won't budge on which ones are his favourites.

"I am excited for them all," he said from his home in Wakefield, the only non-city to host an international film festival of this acclaim.

**Dates**

The festival opens Feb. 7 and runs four weekends until March. 1.

The artsy Quebec town will be home to some of this year's best docs — films that have turned heads on the documentary circuit from Toronto's Hot Docs to New York's Tribeca Film Festival and beyond. Take director Alan Hicks' in-depth look at a blind piano prodigy who suffers from debilitating stage fright. The film scored 11 awards this year including for best new documentary director at the Tribeca Film Festival and cracked the Audience Top 10 list at Hot Docs.

There's also director's Amar Wala's sobering look at the controversial Canadian security certificate that allows for indefinite detention without charge, based on evidence concealed from the accused and their lawyers.

The controversial film, The Secret Trial 5, focuses on five men, including Ottawa's Mohamed Harkat, who have spent a combined 30 years in jail without ever being charged.

Harkat's wife and advocate Sophie Lamarche will be in attendance for both screenings Feb. 14 and 15.

This year's festival is sprinkled with a healthy dusting of Canadian films — with two docs focusing on aboriginal rights — and a third on tax-evading techniques in Quebec. TREVOR GREENWAY/METRO

**Rouge Valley**

## Toronto area passes hurdle to becoming Canada's first National Urban Park

A region of Toronto is en route to becoming the country's first national urban park.

The House of Commons has passed the Rouge National Urban Park Act, which provides protection for the Rouge Valley.

The bill will now go to the Senate for review.

The Rouge National Urban Park Act is designed to protect the Rouge's ecosystems and cultural landscapes, maintain native wildlife and ensure the health of those ecosystems.

The bill gives Parks Canada the legislative framework to protect the park's ecosystems, wildlife, flora, fossils, artifacts, and other natural and cultural resources.

Under this legislation, hunting, mineral extraction, dumping, polluting, harassing wildlife, poaching and the removal of artifacts and fossils are prohibited.

The government says stiff fines and year-round patrols will help address long-standing dumping, pollution, poaching and vandalism issues.

THE CANADIAN PRESS

**Belleville**

## Charges withdrawn against two men in connection with blockade

Charges against two of three men — still before the courts in connection with a native blockade on a bridge east of Belleville — have been withdrawn.

Brian Doreen, 36, and Douglas Tugwood, 36, both of the Tyendinaga Mohawk Territory, had been charged with mischief over $5,000 but the charges were dismissed in Belleville Provincial Court.

The charges were laid against the men and three other people after about half a dozen protesters blocked the Skyway Bridge near Deseronto for around 10 hours on Oct. 4, hoping to raise awareness of the issue of missing and murdered indigenous women.

One of the accused, Matthew Weldon, 24, of Tyendinaga, was given a conditional discharge and placed on 12 months probation after he pleaded guilty to mischief on Jan. 8.

The same charge against Tiffany Simpson of Cannington was withdrawn at the same time.

The fifth person, Dennis Hill of Tyendinaga, will appear in court on March 11 on one count of mischief.

THE CANADIAN PRESS

Daniel Lanois manipulates samples on a mixing board, playing tunes off his new record Flesh and Machine in an online video showcasing his new work. VIMEO.COM

# Musical legend goes electronic

**Daniel Lanois.** Known for his folk music, the 63-year-old Gatineau native nabbed a Juno nod for Instrumental Album of the Year

TREVOR GREENWAY
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If you thought Daniel Lanois was an old, over-the-hill folk artist who is still raking in the dough from his 1989 hit The Maker, you better pick up his new album, quick.

It's as if the seasoned singer/songwriter, who originally hails from Gatineau, has discovered a time machine and has travelled back to his early 20s — ready to start a fresh new career in electronic music.

"You tell those people that I am forever young," Lanois chuckled after refusing to give his age. A quick Google search shows he is 63 years young — quite impressive for a musician that age to change his sound from calming, folksy melodies to dropping beats that rival any of today's electronic music producers.

And loyal Lanois fans aren't the only ones who have taken notice either — music heads across the country have shortlisted Lanois' Flesh and Machine for Instrumental Album of the Year at this year's Juno Awards.

"It's really sweet of them to be thinking of me one more time," said a jovial Lanois.

The multi-instrumentalist, producer, songwriter has won a whopping eight Juno awards in his storied career, including a lifetime achievement award that may have been handed out a little too early to a man who clearly still has a lot of gas left in the tank.

"I even got one for the lifetime achievement, but I think that was 10 years ago now. They thought I was a goner then. I'm back," quipped Lanois. "My life is just starting and I am back to prove it."

**Greenway's take**

## *Flesh and Machine*

If you listen to Flesh and Machine without knowing it's Lanois, you would think it's an old Lee Scratch Perry record or some new experiment from Radiohead's Thom Yorke.

And for those who know Lanois, Flesh and Machine is like listening to Daniel Lanois, on acid. The glitchy drum tracks are so twitchy they make you itchy and the heavy boom of the bass on "Opera" makes a Skrillex beat seem like nothing more than a quiet hum.

This is the kind of music I picture musicians listening to — scratching their heads at a kitchen party, wondering how Lanois has manipulated his sounds to simultaneously be so haunting and beautiful.

Lanois is up against Canadian Brass, John Stetch, Quartango and Sultans of String for Instrumental Album of the Year. The Juno Awards take place March 15 in Hamilton.

TREVOR GREENWAY/METRO

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Full rules: https://www.cibc.com/client-appreciation-day-contest

# Prisons. Denying parole to offenders dangerous: MPs

The government's long-promised plan to lock up some criminals and throw away the key will make prisons more dangerous, opposition MPs say.

Denying any chance of parole to the worst violent offenders will increase the chances of prison guards being attacked, the NDP and Liberal public-safety critics said Tuesday as the government signalled legislation would come before summer. Opposition MPs want a greater emphasis on rehabilitating inmates.

Criminologists dismissed the life-behind-bars initiative after it was announced in the October 2013 speech from the throne, saying there are already legal provisions to ensure the most heinous offenders never get out.

At the time, the government said those convicted of the worst crimes — such as multiple murders or sex assaults on children — could spend the rest of their lives in prison.

Public Safety Minister Steven Blaney says legislation will be tabled before Parliament rises in June.

"People who commit serious and violent crimes in a repetitive manner constitute a menace to society," Blaney said. "The premier objective is to protect society."

When the plan was first outlined, Justice Minister Peter MacKay said the provisions would be applied very narrowly. THE CANADIAN PRESS

**Solitary confinement**

**The federal government is facing a second court challenge to the use of solitary confinement in prisons.**

- This time, the Canadian Civil Liberties Association and Canadian Association of Elizabeth Fry Societies have filed a petition in Ontario Superior Court. The petition seeks to challenge the constitutionality of isolation, which the groups call cruel and inhumane. They say the practice is "fatally flawed."

# Couple shocked to find out stolen truck linked to Mountie shooting

**Grande Prairie, Alta.**
Donna Campbell struck by a heart attack upon being told it was her truck that RCMP Const. David Wynn identified before he was shot

LEAH HOLOIDAY
Metro in Edmonton

When police told Donna Campbell they'd found her stolen truck, the news was simply overwhelming.

"Are you sitting down?" Campbell said the officer asked her twice.

In the ensuing conversation, the Grande Prairie woman learned St. Albert RCMP Const. David Wynn had identified her truck at the Apex Casino parking lot moments before he was shot by Shawn Maxwell Rehn.

Wynn died several days later in hospital.

Donna and Gerald Campbell said they were shocked to hear from Edmonton police that their truck stolen in October 2014 was the vehicle Const. David Wynn had been investigating before he was shot. THE CANADIAN PRESS

"I just got shivers. I said, 'Oh, you're kidding,'" Campbell remembered.

Upon hanging up with police, Campbell started having chest pains and asked her husband to take her to the hospital.

"It turned out I had a heart attack," she told Metro. Doctors informed her the attack was stress-induced.

While Campbell is slowly recovering from her attack, she said the entire situation is so sad, especially for the wife and three sons of the 42-year-old Wynn.

"The poor family," she said. "This man shouldn't have been out on the streets by the sound of things. It's pretty sad everything that has happened."

Campbell and her husband first reported the truck stolen from a south Edmonton hotel parking lot in October, when the couple had driven to the city to do some early Christmas shopping.

"We couldn't believe it," said Campbell, who later learned three F350s had been stolen the same week in the city and were often targeted by car thieves.

After the stipulated 20-day insurance period, the couple was able to file their claim and assumed the truck was long gone.

Police informed Campbell that the truck had been full of stolen property, including a printer, a camera, tools and different purchases from Costco.

Despite a request from Metro, RCMP weren't able to confirm the details by press time.


Saturday, January 31, 2015
Sir John A.'s Great Canadian
Kilt Skate

Start
Rideau Canal Skateway
(Fifth Avenue entrance)
9:00 a.m. – 10:30 a.m.
Meet at the SSO tent at Fifth Avenue.
Sign Sir John A. Macdonald's birthday card.
Make your own way to the NAC Rest Area & Confederation Park. (Bring your boots!)

Finish
Confederation Park Stage
10:30 a.m. – 1:30 p.m.
Join us for the Official Kilt Skate Day Proclamation by Mayor Jim Watson. Free birthday cake and Scottish entertainment.
Attire: Scottish and other tartan wear appreciated (jackets, scarves, hats, pants, etc.) Kilted skaters will be rewarded! "Och aye!"
Confederation Park will feature Highland Dancing at 10:30 a.m. and Traditional Scottish Music by Bobby Watt at 1:30 p.m. on both Saturday and Sunday.

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# Provinces to lose millions as Senate stalls gambling bill

Cash-strapped provinces will lose millions to foreign gambling websites and criminals over Sunday's Super Bowl because the Senate is stalling legislative changes passed by the House of Commons.

Almost three years after NDP MP Joe Comartin's private member's bill sailed through the House with support of members of all parties, the measure remains mired in the Red Chamber.

With a federal election later this year, there are concerns his law will die in the unelected Senate, meaning the estimated $10-billion-a-year sports gambling industry will continue to thrive underground and abroad.

"The only people profiting from illegal sports betting are criminals and offshore operators who are not licensed and regulated to do business in Canada," Bill Rutsey, president of the Canadian Gaming Association, said Tuesday.

Rutsey estimated about $150 million will be illegally wagered in Canada on the NFL championship game this weekend.

"We have an option on the table, and it's called Bill C-290," he said. That's the legislation Comartin, the Windsor-Tecumseh MP, successfully pushed through the Commons on March 2, 2012.

Striving to help his beleaguered border city attract American visitors, the New Democrat proposed amending the Criminal Code to allow one-game betting on football, hockey, baseball, soccer, basketball and other sports.

It would help Ontario casinos in Niagara Falls and Windsor open Las Vegas-style "sports books" to attract gamblers wanting to wager on single matches instead of just the existing Pro-Line that requires bets on a minimum of three games simultaneously. TORSTAR NEWS SERVICE

**Politics**

## NDP vows tax relief for small businesses and manufacturers

Tom Mulcair has unveiled promises of tax relief for small business and manufacturers. The NDP leader announced Tuesday that a New Democrat government would cut the tax rate for small businesses to nine per cent from the current 11 per cent.

It would extend for an additional two years the accelerated capital cost allowance for machinery or equipment used in manufacturing, a tax break that is scheduled to expire this year. It would also create an innovation tax credit to encourage manufacturers to invest in machinery, equipment and property used in research and development.

The measures are part of a bid to show that the NDP has a plan to spur the economy in the face of plunging oil prices.

An NDP backgrounder estimates that reducing the small-business tax rate to 10 per cent immediately would cost $600 million a year, with the final drop to nine per cent coming when finances permit. The innovation tax credit would cost about $40 million a year, while extending the capital cost allowance would cost $1.2 billion over two years. THE CANADIAN PRESS

Obama's short visit to king Salman bin Abdul-Aziz Al Saud covered the U.S.-led campaign against ISIL among other issues. CAROLYN KASTER/THE ASSOCIATED PRESS

# Obama, new Saudi king talk security

**Riyadh.** In brief visit to Arab ally, U.S. president pays his respects to late King Abdullah

U.S. President Barack Obama defended his government's willingness to co-operate closely with Saudi Arabia on national security despite deep concerns over human rights abuses, as he joined an array of current and former American statesmen Tuesday in paying respects following the death of King Abdullah.

Saudi Arabia's status as one of Washington's most important Arab allies has at times appeared to trump U.S. concerns about the terrorist funding that flows from the kingdom and about human rights abuses. But in his meeting with Saudi Arabia's new king, Obama brought up human rights only in broad terms, without citing specific cases, a senior Obama administration official said.

Obama, in a CNN interview in advance of his arrival, said he has found it most effective to apply steady pressure over human rights "even as we are getting business done that needs to get done."

**Quoted**

**"Sometimes we need to balance our need to speak to them about human rights."**

U.S. President Barack Obama

During his brief stop in Riyadh, Obama held his first formal meeting with King Salman bin Abdul-Aziz Al Saud, newly installed on the throne following the death of the 90-year-old Abdullah on Friday. The roughly hour-long meeting focused on a bevy of Mideast security issues — sectarian divisions in Iraq, the U.S.-led campaign against ISIL, the precarious situation in Yemen and support for Syrian opposition fighting President Bashar Assad, said the U.S. official who briefed reporters travelling with Obama.

Obama invoked human rights during the sit-down to make the point that tolerance and free speech are necessary to undercut the extremist ideology that fuels terrorist groups. The official said Obama told the king that it's important to ensure citizens have an outlet to express themselves.

THE ASSOCIATED PRESS

**South Carolina**

## Protesters to get their records clean after 54 years

Nine black men arrested for integrating a whites-only lunch counter in the state of South Carolina 54 years ago may be heroes in the historic record, but in the record of the law they are still convicted trespassers.

That criminal record will soon be erased.

On Wednesday, a prosecutor is expected to ask a judge to vacate the arrests and convictions of the men known as the Friendship Nine.

The men say that brings a sense of relief as well as a feeling of hope as they look toward the future.

They were arrested in February 1961 for ordering lunch from a whites-only counter at a store in Rock Hill, S.C.

THE ASSOCIATED PRESS

**Iraq**

## Shots at passenger plane suspend flights to Baghdad

Several airlines suspended flights to Baghdad on Tuesday after a passenger plane arriving from the Mideast's busiest airport in Dubai came under fire as it landed in the Iraqi capital.

A prolonged suspension of flights could seriously limit travel options for Iraqi travellers and overseas businesspeople, diplomats and aid workers who rely on foreign carriers to deliver them to larger international transit hubs, particularly in the oil-rich Gulf.

Discount carrier FlyDubai said flight 215 was struck on the fuselage by what appeared to small-arms fire Monday. All passengers were able to disembark normally and none required medical attention. THE ASSOCIATED PRESS

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# Auschwitz survivors mark 70 years free

**Holocaust.** Jewish, world leaders and 300 former prisoners gathered at infamous concentration camp to commemorate their liberation

A Jewish leader stood before 300 survivors of a notorious Nazi death camp on Tuesday and asked world leaders to prevent another Auschwitz, warning of a rise of anti-Semitism that has made Jews fearful of walking the streets, and is causing many to flee Europe.

Ronald Lauder, the president of the World Jewish Congress, made his bleak assessment on the 70th anniversary of the liberation of Auschwitz, speaking next to the gate and the railroad tracks that marked the last journey for more than a million people murdered at Auschwitz-Birkenau.

He said his speech was shaped by the recent terrorist attacks in France that targeted Jews and newspaper satirists.

"For a time, we thought that the hatred of Jews had finally been eradicated. But slowly the demonization of Jews started to come back," Lauder said.

Europe witnessed a spasm of anti-Semitism last summer during the war in Gaza, with protests in Paris turning violent along with other hostilities across the continent.

One Holocaust survivor, Roman Kent, became emotional as he issued a plea to world leaders to remember the atrocities and fight for tolerance.

"We do not want our past to be our children's future," the 85-year-old said to applause, fighting back tears as he repeated those words a second time.

The commemorations in Poland, which was under Nazi occupation during the Second World War, were also marked by a melancholic awareness that it may be the last major anniversary that a significant number of survivors will be strong enough to attend.

"The survivors are completely gutted that in their lifetime they went through what they went through and that now they are at the end of their life and they don't know what kind of world they are leaving for their grandchildren," said Stephen Smith, executive director of the USC Shoah Foundation.

"That is very disappointing for them. We have let them down."

THE ASSOCIATED PRESS

**Quoted**

**"We do not want our past to be our children's future."**

**Roman Kent,** Holocaust survivor

## Blizzard hits U.S. east coast

Charlie Glover leaves a two foot tall path as he uses a snow blower to dig himself out of the snow on Tuesday in New Bedford, Mass. The not-so-great blizzard of 2015 did wallop the Northeast — Long Island and Massachusetts got hammered — but snowfall in the media capital of New York City was about 0.3 metres. Meteorologists say the nor'easter stayed about 120 to 160 kilometres east of its predicted track, which meant the western edge — New York and New Jersey — got 10 inches less than was originally forecast.

PETER PEREIRA/STANDARD TIMES/THE ASSOCIATED PRESS

# Hostages have 'less than 24 hours': ISIL

An online message purportedly from the Islamic State of Iraq and the Levant (ISIL) warned Tuesday that a Japanese hostage and Jordanian pilot the extremists hold have less than "24 hours left to live."

The group again demanded the release of Sajida al-Rishawi, an Iraqi woman sentenced to death in Jordan for involvement in a 2005 terror attack that killed 60 people.

The video message also mentioned for the first time Jordanian pilot Mu'ath al-Kaseasbeh, who is a captive of ISIL, setting a Wednesday afternoon deadline.

The message says that unless the Jordanian government frees al-Rishawi within 24 hours, Goto and the pilot will be killed.

Goto has only "24 hours left to live and the pilot has even less," the message said.

THE ASSOCIATED PRESS

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# Libya. Gunmen kill nine during hotel shootout in Tripoli, assailants dead

Gunmen stormed a luxury hotel in the Libyan capital of Tripoli on Tuesday, killing four foreigners and five guards, and triggering an hours-long standoff that ended when two assailants set off a grenade that killed them, officials said.

The attack on the Corinthia Hotel, which sits along the Mediterranean Sea, underscores the lawlessness that this North African country descended into following the 2011 ouster and killing of dictator Moammar Gadhafi. The State Department said it was looking into reports of an American casualty in Tuesday's attack.

Libya's security forces responded and after several hours of a standoff, the attackers threw a grenade at the security forces, killing themselves and a security guard. Ten people were also wounded in the attack, including security guards and guests.

"The operation is over," al-Naas said but added that the streets around Corinthia remained closed. He said an investigation was underway.

It was not clear if the two assailants were the only ones involved in the attack.

As the standoff developed, a security official said the gunmen had taken hostages, though he had no further details. Two commercial landmark towers behind the hotel were evacuated out of security concerns, he said, speaking on condition of anonymity because he was not authorized to speak to media.

Since Gadhafi's ouster, Libya has been torn among competing militias and tribes vying for power. The post-Gadhafi transition has collapsed, with two rival governments and parliaments — each backed by different militias — effectively ruling in the country's eastern and western regions.

The militia-backed government in Tripoli said the target of the attack was Prime Minister Omar al-Hassi. Spokesman Amr Baiou told reporters al-Hassi was unharmed.

The hotel had Italian, British and Turkish guests but was largely empty at the time of the attack, the staffer added. He said al-Hassi usually resides at the hotel, but was not there Tuesday. Al-Hassi's security guards also weren't there, he said. THE ASSOCIATED PRESS

**Spain**

## Death toll of F-16 training accident rises to 11

The death toll from the crash of a Greek F-16 fighter jet during an elite NATO pilot training program rose to 11 Tuesday after a French airman who suffered serious burns died, Spain's Defence Ministry said.

The death came as Spanish investigators probed what caused the jet to lose power during takeoff Monday and crash into five parked planes at the Los Llanos air base in southeastern Spain, triggering a series of explosions and a raging fire.

THE ASSOCIATED PRESS

**Somalia**

## Key leader leaves country's Islamic extremist group

A leader of Somalia's Islamic extremist group al-Shabab with a $3 million bounty on his head announced Tuesday he has quit the insurgency and renounced violence perpetrated by the al-Qaida-linked group. THE ASSOCIATED PRESS

Jobs

## Tim Hortons to lay off staff at HQ

Tim Hortons is refusing to say how many employees will lose their jobs at its headquarters and regional offices in a reorganization of its operations announced Tuesday.

A spokeswoman said Tuesday it's "still in the process" of notifying staff members who will be affected by widespread changes to its Oakville, Ont., offices and regional offices across the country.

While the company plans to keep its headquarters in Oakville, staff outside its restaurants were not protected under a promise by Burger King to maintain jobs at Tim Hortons franchises across Canada for five years.

THE CANADIAN PRESS

Loans and mortgages

## Big banks finally cut prime rate

Canada's big banks have started passing on some — but not all — of the Bank of Canada's rate cut, lowering the interest charged to borrowers with loans and mortgages tied to the prime rate.

Royal Bank was the first to cut its prime rate when it announced it would go down to 2.85 per cent from three per cent, effective Wednesday. The move was quickly matched by the rest of the Big Five: Bank of Montreal, TD Bank, CIBC and Bank of Nova Scotia.

The Bank of Canada last week cut its overnight lending rate to 0.75 per cent from one per cent — but the big banks didn't immediately match the cut in their prime rates.

THE CANADIAN PRESS

Market Minute

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**TSX**
14,833.88 (+36.05)

**OIL**
$46.23 US (+$1.08)

**GOLD**
$1,291.70 US (+$12.30)

**Natural gas:** $2.981 (+10.0¢)
**Dow Jones:** 17,387.21 (-291.49)

# Facebook, Instagram dismiss cyberattack

**Lizard Squad.** Group of hackers had claimed responsibility on Twitter for outages

Instagram and Facebook users in Canada, Asia, the U.S., Australia and the U.K. were affected when the social media websites stopped working for about an hour Monday. THE ASSOCIATED PRESS FILE

Facebook said the outage that made its social media sites inaccessible worldwide for about an hour Tuesday was self-inflicted.

Users of PCs and Facebook's mobile app reported they lost access in Asia, Canada, the United States, Australia and the U.K. Facebook-owned Instagram was also inaccessible.

Facebook said the disruption was caused by a technical change and wasn't a cyberattack: "This was not the result of a third party attack but instead occurred after we introduced a change that affected our configuration systems," it said in a statement.

The temporary loss of service may be Facebook's biggest outage since Sept. 24, 2010, when it was down for about 2.5 hours.

Guillermo Lafuente, security consultant at MWR InfoSecurity, said a technical fault was more plausible. A denial-of-service attack would have made the sites unreachable rather than accessible with an error message displayed, he said. Facebook's use of multiple data centres also meant an attack on one would have affected one region, while this outage was worldwide.

Also, restoring service would be a matter of reversing the technical changes, which matched with the brevity of the outage, LaFuente said.

THE ASSOCIATED PRESS

# Middle class. Up to $120K qualifies, feds suggest

Finance Minister Joe Oliver insists low- and middle-income families will see two-thirds of the benefits from the Harper government's contentious multibillion-dollar tableau of family-friendly measures.

By that measure, Oliver is suggesting families with annual incomes as high as $120,000 qualify as middle class.

The Finance Department's own internal breakdown of the distribution of relief from the family package shows 68 per cent of the benefits — about two-thirds — will go to families that earn as much as $120,000 in 2015.

The Canadian Press obtained the figures under the Access to Information Act.

The government's figures show that 25 per cent of the relief will go to families that earn under $30,000 in 2015; 11 per cent to those earning between $30,000 and $60,000; 15 per cent between $60,000 and $90,000; and 17 per cent between $90,000 and $120,000.

Together, these categories represent 68 per cent of the relief. The remaining 32-percent share will benefit families that bring in more than $120,000 this year.

Overall, the government documents say 4.07 million families will benefit from the measures in 2015 by an average of $1,140 each.

The entire package is expected to reduce government revenues by $4.62 billion in 2015, and $26.7 billion between 2014-15 and 2019-20.

THE CANADIAN PRESS

**Distribution of relief**

Average relief for families that earn:

- Less than $60,000 – $970
- $60,000 to $120,000 – $1,219.
- $120,000 to $180,000 – $1,183
- More than $180,000 – $1,452

# New app. Talking to strangers to get easier

Awkward silence is the hallmark of Toronto transit.

But if the founders of a new iPhone app have their way, that'll soon change.

ShoutzApp envisions a world where anonymous, location-based conversations let strangers connect.

Like Snapchat, the conversations delete after a set time period. But like Twitter, everyone tuned in — and within range — can see the messages.

"If I have something I'm selling, I can say, 'I have an iPhone for sale,'" says co-founder Shehryar Qureshy, 32, who has a day job as an engineer. "It could be classifieds, missed connections, it could be if you're driving and you're in traffic; you can open a bubble one kilometre ahead and say, 'Hey, what's the traffic here for?'"

Users of the app are able to set up a message bubble for a specific time period within a specific radius. Anyone else using the app and in that location will see the message thread.

Qureshy says he's seen a lot of use at Union Station and on GO trains. One person, for example, used the app to warn others on the train that the fare enforcer was coming.

Qureshy himself has been riding GO Transit for more than a decade and said he got the idea after seeing the same people sit in the same seats and get off at the same stations, but he never talked to them.

"Especially on the GO train you have a captive audience," he said, adding the app could be used "at the university, or at the bar. You know how difficult it can be to approach people."

ROSEMARY WESTWOOD/METRO

**ShoutzApp**

- ShoutzApp launched in December and has had a few hundred downloads so far — all users who have helped Qureshy and his 22-year-old brother and co-founder, Mohammad Ali, work through the bugs.
- The brothers plan to launch an Android version soon and will be targeting universities and Toronto's Union Station in their first marketing push.

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VOICES

# IN DEFENCE OF WINNIPEG

## Or, how I learned to stop worrying and 'splain my city in the face of racism accusations

**ELISHA DACEY**
readers@metronews.ca

Winnipeg Mayor Brian Bowman responds to the Maclean's article on Thursday. Metro's Elisha Dacey argues that Winnipeg was working on its problem with racism long before Maclean's and its "Toronto-splaining" supposedly started the conversation. SHANE GIBSON/METRO IN WINNIPEG

I'm getting bloody tired of defending my city.

"Why do you live there?"

From the snobbish comments about mosquitoes (yes, they can be bad) to the jokes about Winterpeg (yes, winter can be bad), it gets tiresome. Especially when the bulk of the snobbery comes from Canada's wannabe capital.

I think Winnipeg Free Press policy reporter Mary Agnes Welch said it best when she tweeted, "Is it just my Western Canadian chip, or are others cranky with pubs like @globeandmail & @MacleansMag Toronto-splaining our problems to us?"

I share your chip, Mary Agnes.

The latest "Toronto-splain" comes from Maclean's, which branded Winnipeg as having the country's worst racism problem.

Speaking of problems, there are several with the article. For example, the statistics used are for the entire Prairies, not for Winnipeg. The example of Tina Sinclair as a racially motivated murder is flawed, as we don't know who killed her or why. Aboriginal teen Rinelle Harper was sexually assaulted, beaten and thrown into the river by two aboriginal men — that's not racist, that's simply horrific.

But the most frustrating thing for me is that the writer, former Winnipegger Nancy Macdonald, came "back" after the article to meet with local groups. She told the CBC that she was there in hopes of witnessing change and the start of the conversation. News flash, Nancy: We've been talking about it for years. We've been changing for years.

Winnipeg Mayor Brian Bowman reacted to the article by agreeing we have a problem, because we already know this. It's systemic. Anyone who followed the story of Brian Sinclair, an aboriginal man who died from a treatable bladder infection in a Winnipeg emergency room because nurses figured he was a drunk sleeping it off, knows it's a problem.

But we're not afraid of challenges, and we've already started. The city established a Citizen Equity Committee in 2001 with a mandate to advise council on how to integrate and respect all cultures. Meet Me At The Bell Tower is a local group founded a few years ago by a young aboriginal activist living in the city's most depressed neighbourhood as a rallying cry for all Winnipeggers to lift themselves up. There are numerous other examples.

But change like this takes time. It takes generations.

I've lived in other cities. They're racist, too. And they're full of crumbling infrastructure and crooked politicians and bad weather and bugs that bite.

So why do I live here? We embrace winter. We put on bug spray and dance in the city parks. Our music scene is arguably the best in the country. Culturally, you will not find a stronger city. At festivals such as Fringe and Folklarama and Festival du Voyageur, we celebrate our differences. We ignored the naysayers and built the stunning Canadian Museum for Human Rights.

And we've admitted we have a racism problem. Have you?

*Elisha Dacey is the Managing Editor of Metro Winnipeg and loves her city. Find her on twitter @elishadacey.*

**Bell's Let's Talk Day**

# Damn shame: Overcoming stigma in mental illness

**STEPHANIE ORFORD**
readers@metronews.ca

The view count on Brene Brown's TED Talk about shame clocks in at more than 4.5 million. Though we're loath to admit it, shame is a hot topic.

It's a major reason people don't seek help with anxiety, depression and other mental-health issues. With today's Let's Talk Day, a campaign by Bell to raise awareness of and reduce the stigma around mental illness, and raise funds for Canadian mental-health initiatives, shame needs to be part of the discussion more than ever.

Sound familiar?

"It's normal to have this level of stress. I'm just not very good at dealing with it."

"I can't say anything now. Too many people are depending on me."

"There are people who are so much worse off than I am, so I have no right to complain."

If you've felt any of these, you're not alone.

Work-related stress, for instance, is ubiquitous. Nearly a third of Canadians experience high levels of stress in the workplace, according to a report released by the Mental Health Commission of Canada last week. A common thread in the report, which outlined 13 key indicators of mental illness in Canada, was that they affect us all. The report identified surprisingly high numbers of people who experienced mental-health issues in everyday situations.

Mental wellness in schools was another major concern. The report found that a shocking 20 per cent of post-secondary students may have engaged in self-harm, a warning sign that colleges and universities need to pay keen attention to their students' mental well-being, and provide more methods of support. Encouraging in-class discussions about coping with stress would be a good start. The ideals of perfection in school, work and relationships are rampant and poisonous. Magazines publish unrealistic profiles of successful people and give advice on how you can hold the perfect dinner party, get perfect abs, be a superhuman. If these are the standards we internalize, it's no wonder we feel shame when our lives and feelings don't measure up.

Acknowledging and accepting that yes, life is complicated, is critical to overcoming the shame barrier in mental illness. The government, media, schools, employers and individuals need to acknowledge that negative feelings exist, and we need to talk about them.

Reality is messy. And that's OK.

*Stephanie Orford is a writer based in Vancouver.*

**Talking point:**

**2 OUT OF 3 PEOPLE DON'T SEEK HELP BECAUSE OF FEAR OF JUDGMENT AND REJECTION**

CANADIAN MEDICAL JOURNAL

**Talking point:**

**20% OF CANADIANS WILL EXPERIENCE SOME FORM OF MENTAL ILLNESS AT ONE POINT IN THEIR LIVES**

CANADIAN HEALTH RESEARCH

**Talking point:**

**3 MILLION CANADIANS HAVE DEPRESSION RIGHT NOW**

CANADIAN MENTAL HEALTH ASSOCIATION

**LET'S TALK: SHARE YOUR MENTAL-HEALTH STORY**
readers@metronews.ca

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Gossip

## NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift ALL PHOTOS GETTY IMAGES

# Taylor used to write about exes, now she writes about convicts

Who doesn't love a good bizarre lawsuit? Jose Hilario, who is currently serving a 10-year prison sentence for child pornography, is suing Taylor Swift for $100 million US on the claim that she used his life story for lyrics on her hugely successful album 1989. In the handwritten — yes, handwritten — filing obtained by Radar Online, Hilario claims that he and Swift began an email correspondence in 2008 shortly after she turned 18 and started connecting via Skype because Swift "was lonely and sad and that she needed someone to chat with." After two months of virtual friendship, Hilario says they met up at a Rhode Island mall on April 13, 2008. "They hugged and kissed each other," the suit claims, adding that Swift promised "she would help him with his legal problems and that she would write and sing songs about him." The problem, he claims, is that Swift only did half of that, as he apparently discovered upon listening to 1989.

"I know for a fact that the defendant have a good heart and that she will come back to her senses and not forget her promise that she made to me," Hilario's suit states, mysteriously switching from third to first person. It may seem odd, though, that a friend looking for legal assistance would also demand $100 million, but there you go. Oh, and Hilario is also asking Swift to introduce him to Miley Cyrus. Because of course.

Benedict Cumberbatch

# Benedict admits he's 'an idiot' for using outdated racial term

Benedict Cumberbatch, star of Sherlock and the Internet's official boyfriend, is very, very sorry for an uncharacteristic misstep. While discussing the differing difficulties black actors face in the U.K. versus the U.S., Cumberbatch used an unfortunately outdated phrase: "I think as far as coloured actors go, it gets really different in the U.K., and a lot of my friends have had more opportunities (in the U.S.) than in the U.K.," he told Tavis Smiley during a visit to his PBS show. And now he's very, very sorry. "I'm devastated to have caused offence by using this outmoded terminology," Cumberbatch says in a statement. "I offer my sincere apologies. I make no excuse for my being an idiot and know the damage is done."

# Police still investigating Emile's Sundance dust-up

Things apparently got more than a little heated between actor Emile Hirsch and an unidentified female Paramount Pictures executive at a Sundance after-party. The altercation reportedly took place early Monday morning at Tao's pop-up club at the film festival. "Something happened between the movie exec and Emile, and she said she had been assaulted and asked security to call the police," a source tells Page Six. "Emile didn't leave the scene, and calmly waited for the police to arrive, and spoke with them until around 5 a.m., after which he went home with his friends. No arrests were made." That could change, though, as Salt Lake City police are said to still be investigating the matter.

Emile Hirsch

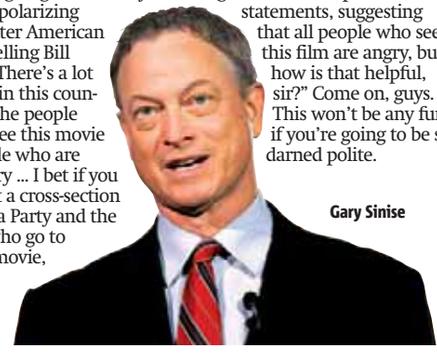
Tom Cruise and Nicole Kidman

# Scientology doc is already causing trouble

We all knew Alex Gibney's new Scientology documentary, Going Clear, was going to be controversial. But even still, some of the details coming out are pretty astounding. For instance, when Nicole Kidman and Tom Cruise initially separated, Cruise reportedly wanted Church operatives to bug her cellphone due to fears that she would divulge secrets about the organization. And about that breakup? It was apparently "facilitated" by former church official Marty Rathburn. How helpful!

# Gary takes aim at the American Sniper fracas

Gary Sinise is very angry at former Vermont Governor Howard Dean. Well, not so much angry, as that's sort of his point. But miffed. Let's go with miffed. Dean weighed in on the ongoing controversy over the polarizing blockbuster American Sniper, telling Bill Maher, "There's a lot of anger in this country, and the people who go see this movie are people who are very angry ... I bet if you looked at a cross-section of the Tea Party and the people who go to see this movie, there's a lot of intersection." So Sinise, a noted veterans advocate, decided to strike back, tweeting: "I saw American Sniper and I would not consider myself to be an angry person. You certainly have a right to make stupid blanket statements, suggesting that all people who see this film are angry, but how is that helpful, sir?" Come on, guys. This won't be any fun if you're going to be so darned polite.



Gary Sinise

SCENE

# Twirlgate, mani-cams and sexism

**Backlash.** Women are using social media to voice concerns about how female celebrities, athletes and politicians are treated by reporters

Canada's Eugenie Bouchard gestures during her women's singles match against Maria Sharapova at the 2015 Australian Open tennis tournament in Melbourne on Tuesday. Bouchard was a hot topic on social media last week after a male interviewer asked her to twirl around. PAUL CROCK/AFP/GETTY IMAGES

Eugenie Bouchard. Hillary Clinton. Julianne Moore.

What do they have in common? For one, they're all notable women in their respective realms. Many say they've also been on the receiving end of gendered treatment from the media, fielding questions about their outfits instead of their accomplishments, for example. But if online pushback is any indication, women are getting fed up ... and making their voices heard.

Bouchard, the Canadian tennis star, was a hot topic on social media last week after twirling at the request of a male interviewer during the Australian Open.

As for Clinton, the ongoing will-she-or-won't-she debate over her potential 2016 presidential run led has led to speculation about how her daughter's pregnancy would affect her decision.

And at Sunday's Screen Actors Guild awards in Los Angeles, Moore and fellow celebs Jennifer Aniston, Reese Witherspoon and Tatiana Maslany, the Canadian star of Orphan Black, all rejected E!'s controversial mani-cam. (For those who don't know, it's exactly what it sounds like: a camera devoted to offering a close-up look at the manicures of female celebrities.)

"I got a text from my son saying, 'Yeah, blow off the mani-cam,'" Moore told reporters after the event. The gimmick was in the spotlight at last year's SAG awards too, when Cate Blanchett snubbed E!'s request, asking, "Do you do that to the guys?"

After Sunday's round of rebuffs, Twitter was filled with support for the actresses who opted out. "Tatiana Maslany is a role model because even amongst peer pressure, she turned down the Mani-Cam," tweeted MTV staffer Lauren Pokedoff.

"Will all these celebs refusing to do mani-cam finally get E! to stop trying to make it happen?" wondered Vlada Gelman, an editor at TVLine.com.

"There they are — red carpet, lights glaring — and they almost did (the mani-cam) and then they said no. I thought, 'Good for you ... for standing up and defining your limits for what is acceptable,'" says Elissa Freeman, a pop culture expert and communications strategist.

But she says it will take more women making a stand — and men, too — to fully change the conversation and shift public consciousness.

"Until people say, 'Smarten up,' then you're not going to get any change, and they're still going to get the mani-cam at the next award show," Freeman says.

As for Bouchard, an incident being called Twirlgate has met with derision from several women in the global sporting community.

"Can you give us a twirl and tell us about your outfit?" Bouchard was asked on camera. She obliged, burying her face in her hands.

"This is truly sexist," tweeted Billie Jean King, an American former tennis champion.

"It was an insult to women's sport," echoed England women's football captain Kelly Smith in an interview with the Mirror.

Women have also objected to speculation about whether Clinton can be both a grandmother and a president.

"Is it fair to pit grandmotherly desires against political ambition?" questioned ABC News writer Liz Kreutz. "Would anyone ever ask the same questions about a male politician? Is this speculation, in essence, sexist?"

It's absolutely sexist, says Freeman. But she says women are increasingly taking a stand against this kind of gendered treatment from the media.

"Women's voices are starting to be heard and it seems they're using social media as a platform to do that, because they're not necessarily being asked by the press about these things," Freeman says.

That includes participating in online campaigns like therepresentationproject.org, an initiative pushing to change how interviewers talk to women on the red carpet. The hashtag, started early last year by the Representation Project — an organization geared toward challenging and overcoming limiting gender stereotypes — is still being used through the 2015 award season. TORSTSAR NEWS SERVICE

# Magic!'s reggae fusion nabs five Juno nominations

**Notable**

**For the first time since 2009, bouncy-banged heartthrob-turned-tattoo-canvas Justin Bieber failed to land a single Juno nomination.**

**Ottawa nominees include:**

- **Kira Isabella for country album**
- **J.W. Jones for blues album**
- **Daniel Lanois for instrumental album**

Magic! CONTRIBUTED

Magic! is the leading nominee heading into this year's Juno Awards.

The Toronto group's reggae-infused single Rude is up for single of the year, while they're also nominated in the Juno Fan Choice, breakthrough group, top songwriter, and pop album of the year categories.

Leonard Cohen and Calgary's Kiesza have four nominations apiece.

Rockers The Arkells will perform at the awards show, which is being staged in their hometown of Hamilton, along with Magic!, Kiesza, Hedley and Shawn Mendes.

**Beginner's pluck**

Neither Magic! nor Kiesza had ever been up for a Juno before hot-stepping into a collective nine nominations this year.

Other first-time Juno honorees who landed multiple nominations include Toronto indie-pop breakout Alvvays, Montreal electronic pair Adventure Club, Toronto DJ Glenn Morrison, and Toronto electronic duo Zeds Dead.

The show will air live on CTV on March 15. THE CANADIAN PRESS

**Reality TV**

## More WAGs join Hockey Wives cast

W Network has revealed the rest of its roster for its docu-series Hockey Wives, which follows the spouses of NHL stars and is set to premiere March 18. They include Maripier Morin, a TV host and girlfriend of Canadiens winger Brandon Prust, and fashion designer Tiffany Parros, wife of retired Montreal forward George Parros.

Other newly announced cast members include model Martine Forget, who is engaged to Leafs goalie Jonathan Bernier; choreographer Brijet Whitney, who married retired all-star Ray Whitney; social activist Kodette LaBarbera, wife of Ducks goalie Jason LaBarbera; and realtor Wendy Tippett, wife of Coyotes head coach Dave Tippett.

Also in the lineup is Emilie Blum, a former intelligence specialist for the U.S. military and wife of Wild defenceman Jonathon Blum; and athlete and communications expert Jenny Scrivens, wife of Oilers goalie Ben Scrivens. THE CANADIAN PRESS

**Classic sitcom**

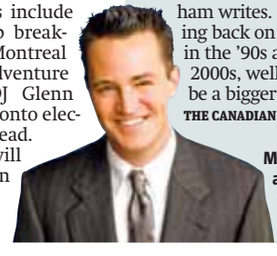
## Chandler 'creepy' in retrospect

You may be considering a marathon Friends binge-watching session now the classic sitcom is available on Netflix.

Slate's Ruth Graham recently did. Her conclusion? Chandler Bing, the character played by Matthew Perry, is just the worst.

She notes the character comes off as a major homophobe and is particularly hard on his gay father, who moonlights as a drag queen in Las Vegas. He's also terrible to his girlfriend Janice and altogether unlikable until later in the series.

"Maybe by 2015, Chandler would have gotten some therapy ... He could grow up, embrace his softer side, apologize to his father, and become a confident and comfortable adult," Graham writes. "But looking back on Chandler in the '90s and early 2000s, well: Could he be a bigger creep?" THE CANADIAN PRESS



Matthew Perry as Friends' Chandler Bing GETTY IMAGES

# Phoenix rising for golf fans

**Sports travel.** Phoenix-Scottsdale is the place to be this weekend with a rowdy PGA event and the Super Bowl

BRIAN KENDALL
canadiangolftraveller.com

The par-three 16th hole at the Waste Management Phoenix Open is surrounded by rowdy fans. CONTRIBUTED

The TPC Scottsdale Stadium Course expects to welcome more than 590,000 visitors during the Phoenix Open. CONTRIBUTED

For four eagerly anticipated days starting tomorrow, the twin cities of Phoenix-Scottsdale will be the focus of the sports universe.

First up is the Waste Management Phoenix Open, which annually draws the loudest, rowdiest and largest crowds on the PGA Tour. And overlapping the tourney's final round on Sunday is Super Bowl XLIX at University of Phoenix Stadium. The NFL showdown will be viewed by an estimated 112 million fans worldwide.

With more than 100,000 out-of-town visitors expected for both events, this year's Phoenix Open at the newly remodelled TPC Scottsdale Stadium Course is almost certain to shatter last year's record attendance of 590,000.

Billed as the Greatest Show on Grass, the tournament is a sports marketer's fantasy come to life.

Even non-golfers feel obliged to make the scene. Young women in stiletto heels and skin-tight dresses stream through the gates to flirt with shirtless, face-painted and inebriated young men. In the evening, the party refuels at the Coors Light Birds Nest, a temporary nightclub under a giant tent.

Wildest of all are the crowds that overflow the grandstand surrounding the par-three 16th hole. Players are variously greeted by cheers, boos and name-calling as they enter the stadium. Those who make poor tee shots are berated mercilessly as they take their walk of shame to the green.

Easily forgotten in the hoopla is the Stadium Course's prominence among the groundbreaking desert courses that have made Phoenix-Scottsdale one of the world's top golf destinations. Designed by Tom Weiskopf and Jay Morrish, the course brilliantly blends large patches of natural desert with just 28 acres of green fairways.

Beginning in the 1980s, local water restrictions forced Weiskopf, Morrish and other architects to limit their use of turf fairways and instead embrace the natural drama of the Sonoran Desert. Tee boxes were isolated in seas of sagebrush, cacti and sand. Giant saguaros were used to frame landing areas edged by dusty gullies known as arroyos.

And in their most radical innovation, architects frequently made golfers fly their approach shots to greens protected by large and gnarly waste areas.

Today, more than 200 of Arizona's 300 courses are found in the Phoenix-Scottsdale area. Other top clubs include Grayhawk Golf Club, We-Ko-Pa Golf Club, Troon North Golf Club, The Boulders Golf Club, ASU Karsten Golf Course, Wildfire Golf Club, Raven Golf Club, Dove Valley Ranch Golf Club, Eagle Mountain Golf Club, and McDowell Mountain Golf Club.

But more than any other, the Stadium Course has spread the gospel of desert design around the golf world. This year's tournament will showcase an eight-month, $12-million facelift of the course by Weiskopf.

Greens were relocated on several holes, bunkers reshaped and more than 250 trees planted.

Adding to the growing excitement was the recent announcement by Tiger Woods that he will play in the Phoenix Open for the first time since 2001. Ticket sales exploded following his entry.

It's going to be a crazy four days.

**Where to stay:**

- **Fairmont Scottsdale Princess.** Located next door to the TPC Scottsdale Stadium Course, this popular luxury hotel is home base for many of the visiting PGA Tour pros.
- **Westin Kierland Resort & Spa.** This tastefully decorated hotel in North Scottsdale features 27 holes of golf just steps from the lobby doors.
- **Four Seasons Resort Scottsdale at Troon North.** Nestled in the foothills of Scottsdale's Pinnacle Peak, this luxury resort offers easy access to nearby Troon North Golf Club.

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# Now is the time to take a tour of Selma

**History.** A half-century anniversary and the Oscar-nominated film have put the spotlight on this Alabama city

The 50th anniversary of the civil rights marches in Selma and the movie that tells the story are expected to bring thousands of visitors to this historic Alabama city this year.

Visitors can still walk across the bridge where voting rights marchers were beaten in 1965 and see the churches where they organized protests.

"There are certain place names in American history where significant, history-making events took place, like Gettysburg, Valley Forge and Vicksburg, and I think because of this film, Selma becomes one of the place names that stands as a significant milestone in American history," Alabama tourism director Lee Sentell said.

Oprah Winfrey, other actors from Selma and hundreds more marched to the city's Edmund Pettus Bridge two weekends ago on the eve of Martin Luther King Jr. Day. But a bigger event is expected to attract more than 40,000 people — including present and former government officials — in Selma March 5-9 for the annual Bridge Crossing Jubilee, including a walk across the bridge March 8.

The event marks the 50th anniversary of the Bloody Sunday, when law enforcement used billy clubs and tear gas to rout marchers intent on walking 80 kilometres to Montgomery on March 7, 1965, to seek the right for blacks to register to vote. A new march, led by Martin Luther King Jr., began March 21, 1965, and arrived in Montgomery on March 25, with the crowd swelling to 25,000 by the time they reached the Capitol. Those events and others helped lead to passage of the 1965 Voting Rights Act, which opened Southern polling places to millions of blacks and ended all-white rule in the South.

Martin Luther King Jr. leading the 80-kilometre march to Montgomery on March 7, 1965. THE ASSOCIATED PRESS FILE

The movie Selma won Oscar nominations for best picture and best song.

Today, the bridge and adjoining downtown business district look much as they did in 1965, except many storefronts are empty and government buildings are occupied largely by African-American officials.

Attractions related to the protests are all within walking distance of the bridge. They include the First Baptist Church, where many protests were organized, and Brown Chapel A.M.E. Church, where marchers congregated before going to the bridge and where they sought safety after being beaten.

Near the bridge, a free tour of an interpretative centre built by the National Park Service offers photographs of the events and emotional video interviews with people who were on both sides of the issues.

Nearby is the Ancient Africa, Enslavement and Civil War Museum, where visitors can see how slaves were captured, sold and exploited, including a depiction of what it was like to be on a slave ship bound for America.

"You have to know about slavery to know why we didn't have the right to vote," said Faya Rose Toure, one of the museum's founders.

Then tourists can retrace history by walking across the Edmund Pettus Bridge to a park and the National Voting Rights Museum on the opposite side. Museum artifacts include surveillance photos taken by state police. One feature that stands out is the white plaster footprints of the largely unknown participants in the march and their personal stories about being part of history, from facing danger to treating blistered feet.

"Everybody has seen pictures of Dr. King leading the march. Those people behind him are what we are focusing on," historian Sam Walker said.

State Sen. Hank Sanders, Selma's first black senator since Reconstruction and a founder of the National Voting Rights Museum, said Selma's location an hour's drive west of Interstate 65, a major route to Gulf Coast beaches, will help attract more visitors to the museum this spring and summer.

The Edmund Pettus Bridge in Selma is expected to host 40,000 people for the annual Bridge Crossing Jubilee from March 5-9. THE ASSOCIATED PRESS

After touring Selma, visitors can drive the march route along U.S. 80 to the halfway point in White Hall, where the Park Service has a much larger interpretative centre about the events.

Then they can complete the 80-kilometre trip to Montgomery. There visitors can tour the Capitol, where King made the emotional speech that ends Selma, and see a monument and museum dedicated to civil rights martyrs.

The Civil Rights Memorial includes three victims featured in the movie, Jimmie Lee Jackson, who was shot by a state trooper; James Reeb, who was beaten by white segregationists, and Viola Liuzzo, who was shot by Klansmen while taking marchers back to Selma.

Other sites include the Greyhound bus station where Freedom Riders seeking to integrate interstate transportation were beaten by a white mob in 1961, a museum commemorating Rosa Parks and the Montgomery Bus Boycott that King led in 1955, and the Dexter Avenue King Memorial Baptist Church, where King served as pastor before moving to Atlanta to lead the Southern Christian Leadership Conference.

THE ASSOCIATED PRESS

**For more information...**

- **National Park Service Selma to Montgomery Trail.** nps.gov/semo/index.htm
- **National Voting Rights Museum.** nvrmi.com
- **Alabama Tourism.** alabama.travel
- **Bridge Crossing Jubilee.** bcjubilee.org
- **Accommodations.** The historic St. James Hotel, built in 1837 and located in the middle of Selma's civil rights attractions, 334-872-3234.

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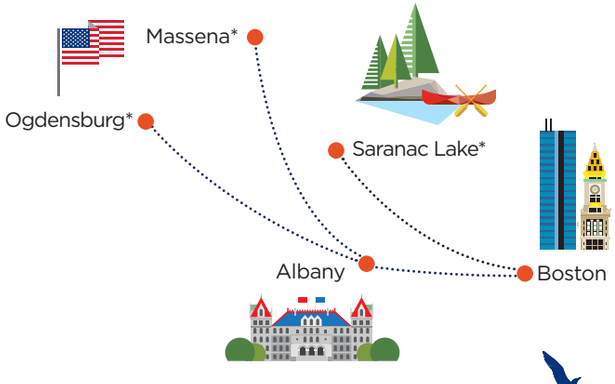


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# Live as the locals do in the City of Angels

**Off the beaten path.**
Experience the 'made in L.A.' mantra, but don't forget to hit the beach

VAWN HIMMELSBACH
For Metro

L.A. at night is booming, especially Koreatown, which has one of the largest concentrations of nightclubs and 24-hour restaurants in the U.S.

Venice Beach boardwalk is one of the main beaches is L.A., but there are others not to be missed. PHOTOS COURTESY LA TOURISM

Los Angeles is all about Hollywood glamour and California beach culture, but it's easy to get off the tourist track and experience it like a local.

Downtown L.A.'s Arts District is undergoing a renaissance, with local street art, artisan coffee shops, and new restaurants opening up in converted industrial buildings.

"It's got its own vibe and personality," said Molly Morgan, assistant manager of communications with the Los Angeles Tourism & Convention Board.

L.A. artists helped pioneer the global street art movement back in the 1960s.

Today, the city is home to thousands of street murals from modern to impressionistic — with one of the most condensed collections in the streets of the Arts District.

Like the rest of the city, there is a focus here on "made in L.A." — whether it's locally-grown ingredients used in restaurants or locally-crafted jewelry, clothing, and artwork.

Downtown L.A.'s Grand Central Market, for example, celebrates the cuisines and cultures of L.A., from Sarita's Pupuseria to Horse Thief BBQ and The Oyster Gourmet. This 30,000-square-foot arcade is both a food emporium and retail marketplace, which also serves as a hub for public events.

Of course, a trip to L.A. would be remiss without spending some time at the beach. Aside from Santa Monica and Malibu, the other big beach is Venice. And while the infamous Muscle Beach has found its way into countless movies and TV shows, there are lesser-known enclaves that are worth exploring, according to Morgan.

Walk, bike, or in-line skate down the carnival-like Ocean Front Walk, or even learn to surf. Rent a bike, blades or board, or try a Legends bike tour (from Perry's Cafe) that winds its way through the Italian-inspired canals of Venice.

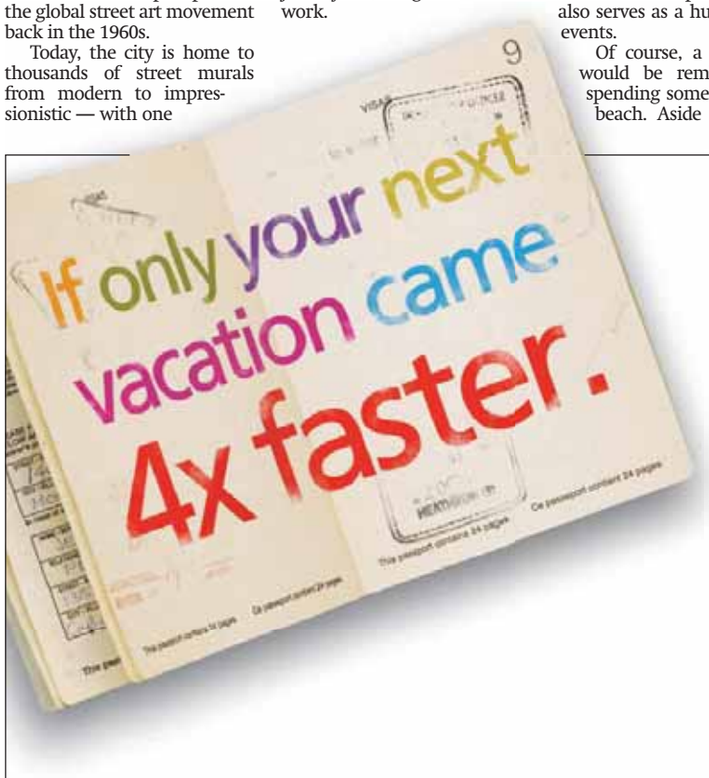
While in Venice, check out Abbot Kinney, which GQ magazine calls the "coolest block in America." Considered one of L.A.'s hippest shopping districts, Abbot Kinney offers everything from artwork to jewelry and clothing from homegrown artists and designers, with an ever-evolving culinary scene (try Baja-style codfish tacos at Oscar's Cervetec or sip a blood orange julep at Barlo's open-air rooftop lounge).

In Venice, visitors can also get a taste of L.A.'s thriving food truck scene, with affordable gourmet fare that reflects L.A.'s cultural diversity, from Mexican, Japanese and Jewish to distinctly Californian fare. To track down a food truck, check out findlafoodtrucks.com.

For nightlife, head to Koreatown, just west of downtown L.A., which Morgan said caters to the more adventurous traveller. Once the centre of Golden Age Hollywood, K-town is now one of the most diverse neighbourhoods in L.A.

**Forgo the rental car**

- Whether you want to take in L.A.'s music scene, beach culture or diverse neighbourhoods, it's possible to explore this sprawling metropolis without a car. The Los Angeles Tourism & Convention Board offers a series of self-guided, car-free itineraries to explore L.A. by foot, bike, or Metro.



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# Engaging beyond the standard back 'n' forth

**Career.** The traditional interview structure has changed, as well as employers' expectations

CELINE TARRANT
TalentEgg.ca

The 360-degree interview is often a difficult concept for job-seekers to wrap their head around — many of us have been taught that an interview is a place where you must impress your employer to have a shot at that elusive job.

However, the scenario where an employer rapid-fires questions at a candidate is long gone — candidates are expected to engage on a similar level to the employer. This means asking questions and taking a lead on the engagement as well.

If you ask the right questions and engage in meaningful conversation, you will be able to spot a good cultural and functional fit in the company, and have the added benefit of impressing the hiring manager with how prepared and engaged you are.

### Practise the art of 'small talk'

We're all familiar with interview small talk — the slightly awkward, polite conversation that happens right at the beginning of your interview. Rather than rushing to get to the 'real' part of the interview, let the conversation flow, ask questions, and engage in actual conversation.

Think of yourself as a business partner — your job is to represent your brand and build relationships. Only in this case, the brand you are representing is yourself.

Try taking the lead on conversations, and initiating small talk. It shows leadership and the ability to connect with others — a huge asset in the workplace. On top of all that, your interviewer will likely appreciate your genuine interest in how their day is going, what they enjoy doing, and in having a little friendly conversation with them.

It's important to remember that your interviewer is an actual person, and not just a barrier between you and the job. ISTOCK

### Change the flow of dialogue

Traditionally, employers open up the end of the interview for the candidate to ask questions. However, unless you're specifically instructed to hold your questions for the designated time, asking questions during the interview is a great way to show your ability to converse and probe for information.

For example, if the interviewer mentions the company has a very "performance-driven culture", ask them to give an example. They should be able to elaborate on the performance management process in the organization including how the company recognizes top performers, how business goals are communicated in the organization, how performance is measured and monitored.

Simple questions such as "can you elaborate on that a little?", "What do you think about that?", "What would you change about that?", and "Can you give me an example of that?" can instigate some really good dialogue throughout the interview. The flow of the conversation changes — it's more of a back-and-forth dialogue rather than a Q&A. This structure is much more interactive, and allows the interviewer a glimpse as to how you perform in a business environment, and how you would engage in conversation when talking to clients and co-workers.

### Make conversation

It's easy to tell someone to "make great conversation" or "ask great questions" — but what does that mean? In your interview, make sure that the questions or conversations you bring up focuses on career success on a high level. Doing this will show that you are capable of leadership, planning, and potentially growth within the company in the future.

It's important to consider your audience as well. The type of questions and conversation you are going to have in a job interview will differ depending on your interviewer.

For example, if you are interviewing with a talent acquisition specialist, initiating a highly technical discussion about the company won't be useful for either of you. However, these individuals will be a goldmine of information about culture, retention, and development opportunities.

If you are interviewing with your potential manager, you should definitely be able to ask some very specific questions about the role and how it fits into the team, but you wouldn't want to ask about something like benefits or compensation.

**Constructive questions**

**Here are some tips for starting conversations:**

- **Ask about the superstars.** If you want to be a top performer at this company, you need to ask what the best of the best look like and what attributes you need to have to be one of them.
- **Ask about the future.** What does the future of this company look like? How are they planning to grow and navigate competition and challenges in the market? And how does the role you're interviewing for fit into the big picture?
- **Ask about your future.** What development opportunities exist at the company? How will the company support your learning objectives?

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# How to organize your workspace in five easy steps

**Career.** Take a moment to tidy up and make a good impression as an organized professional

RIANA TOPAN
TalentEgg.ca

No matter what size your workspace may be, it's important that you keep the area tidy.

An organized desk and office helps you to be more productive because it means you can find things quickly and easily.

It's a sign of professionalism and, more importantly, an organized employee.

Here are five top tips for making your workspace work:

**Develop your own colour code**

Use coloured office supplies to help you keep track of things.

Try using colour-coded sticky notes for reminders or to flag items; multi-coloured inks on a calendar where you write in meetings, deadlines and vacation time; folders for keeping related documents together; and highlighters for organizing your to-do list and notes from meetings.

Having your own colour code will help you navigate documents and organizers faster. Not only is it a huge time saver, it will show co-workers you're on top of your game.

**Use the tools at your disposal**

Think outside the box: a handful of office supplies can go a long way toward keeping your desk de-cluttered.

Try wrapping up loose wires and cords with binder clips, twist ties or elastic bands. Get a small file tray or organizer to keep papers organized and out of sight, and use a mug or jar to hold your pens, pencils and other writing instruments.

You may also want to use dividers in your desk drawers to organize loose items like paper clips, push pins, magnets, scissors and more.

**Keep it clean**

At least once every other week, wipe down your computer, keyboard, mouse and phone with disinfectant — you'd probably be surprised how much bacteria and dust builds up in your workspace over time.

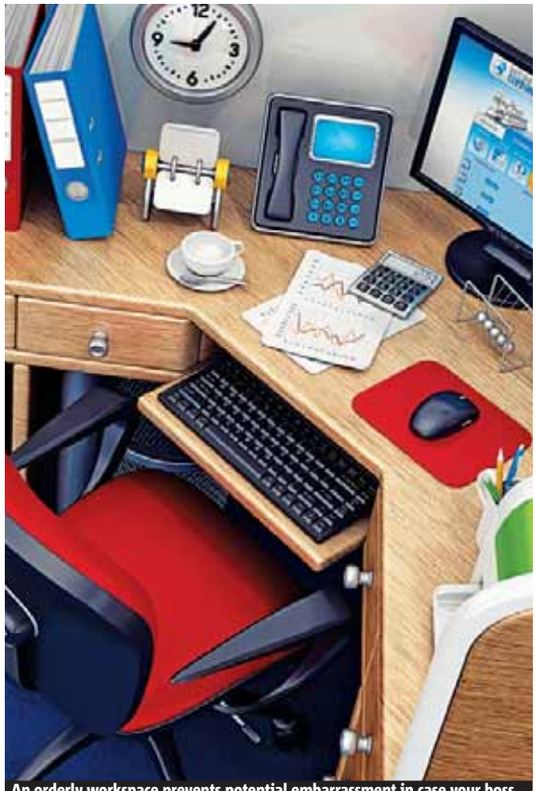
Don't leave dirty dishes lying around, either, since that will make your desk look messy, and could attract ants or other unwanted guests.

**Add a few personal touches**

While it's great to keep your workspace neat and tidy with minimal clutter, it doesn't have to be completely devoid of personality.

A few pictures, a piece of artwork or a crafty item like a homemade paperweight or one-of-a-kind mouse pad can help to make the space your own.

You get bonus points if you can find organizers or stationery that fits your personality as well! Chances are you spend a lot of time at your desk, so you want to make sure you feel comfortable at it.



An orderly workspace prevents potential embarrassment in case your boss, co-worker, or client drops by unexpectedly. ISTOCK

**Make use of wall space**

**Office or cubicle walls are a great place to post important things like calendars, production plans, budgets, business cards and your colleagues' contact information.**

- Use push pins or tape to attach documents you reference regularly to your wall in order to free up valuable real estate on your desk. You can also make your workspace look less cluttered by keeping your trash bin, computer processor and a bag with any extra shoes or clothes you keep at the office under your desk.

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# Turn to pantry staples when you're in a rush

**Dinner.** Penne and Rapini Tuna Pasta combines common — and tasty — ingredients

DINNER EXPRESS
Emily Richards
food@metronews.ca

Pantry staples are a huge help when it comes to making dinner an effortless affair.

Be sure to stock all your favourites and then try using them in different ways.

If you are a fan of tuna sandwiches, you might want to give this simple pasta a try!

A fresh and flavourful ingredient, rapini, also known as broccoli rabe, gives this pasta dish a big hit of vegetable flavour with a kick of Italian flare.

Cooking greens like rapini ahead of time helps remove some of the bitter flavour that often associated with them. Letting it cook in the sauce helps soften it, too.

Cooking the rapini ahead of time will also make this dish even faster. Simply cook the rapini, drain it well and remove any excess water. Let it cool and store it in container in the refrigerator for up to up days.

You can also try this make-ahead method with other greens like kale, collards and dandelion.

If there are any leftovers, be sure to make a frittata with the remains. Simply beat eggs and stir them into the pasta. Pan-fry the mixture and once the egg is set on both sides, you have yet another meal.

**Ingredients**

- 1 bunch of rapini (about 1 lb/454 g), trimmed
- 1 tbsp (15 ml) extra virgin olive oil
- 4 cloves garlic, minced
- 1/2 tsp (2 ml) hot pepper flakes
- 1 cup (250 ml) canned diced tomatoes with juices
- 2 tbsp (30 ml) basil or sun-dried tomato pesto
- 2 cans (170 g each) low sodium light flaked tuna in water, drained
- 1 box (375 g) whole wheat, gluten-free, rice or spelt penne pasta
- Freshly grated Parmesan cheese (optional)

## Directions

**1.** Chop rapini into 1-inch (2.5 cm) pieces and place in pot of boiling water. Cook, stirring for about 10 minutes or until tender. Drain well and press any excess water out of rapini.

**2.** In large deep nonstick skillet, heat oil over medium-high heat and cook rapini, garlic and hot pepper flakes for about 4 minutes or until starting to crisp. Add tomatoes, pesto and tuna and boil gently, stirring occasionally for about 10 minutes or until thickened.

**3.** Meanwhile, in pot of boiling water, cook pasta for about 10 minutes or until tender but firm. Drain well, reserving 1/2 cup (125 ml) of the cooking water. Add pasta to the skillet and toss with sauce, adding enough of the cooking water to moisten if necessary. Sprinkle with cheese, if using.

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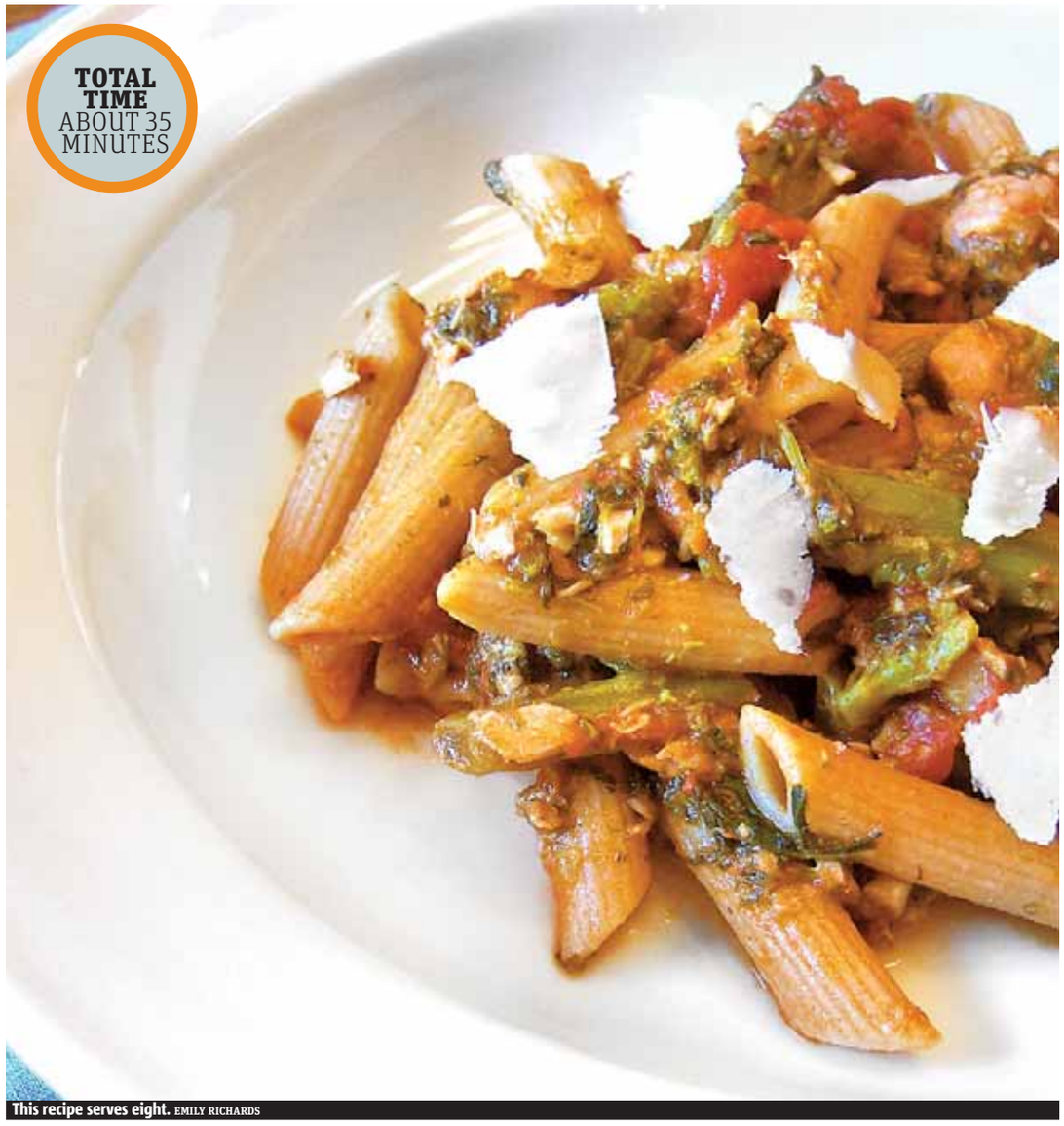


This recipe serves eight. EMILY RICHARDS

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# Easy pizza-inspired pasta

This yummy pasta is based on the classic margherita pizza, which is topped with tomato sauce, cheese and fresh basil. Often the simplest things taste the best.

**1.** In large pot of boiling salted water, cook pasta for about 11 minutes until al dente, or according to package directions.

**2.** Meanwhile, in a large pot, melt butter over medium heat. Add garlic, thyme, salt and hot pepper flakes. Cook 1 minute. Sprinkle with flour; cook, whisking for 1 minute. Gradually whisk in milk. Bring to a boil and reduce heat. Whisk for 3 to 5 minutes or until smooth and thickened. Stir in tomatoes and Parmesan.

**3.** Drain pasta and return to pot. Pour in sauce; toss, stirring 1 to 2 minutes over medium heat to coat pasta. Stir in Bocconcini, basil and salt to taste, if needed. Serve with grated Parmesan. **DAIRY FARMERS OF CANADA / MILKCALENDAR.CA**

**Ingredients**

- 12 oz (375 g) penne pasta
- 2 tbsp (30 ml) butter
- 4 cloves garlic, minced
- 1-1/2 tsp (7 ml) dried thyme
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) hot pepper flakes
- 2 tbsp (30 ml) all-purpose flour
- 2-1/2 cups (625 ml) milk
- 2 cups (500 ml) cherry tomatoes, cut in half
- 1/2 cup (125 ml) grated Canadian Parmesan
- 12 1-inch (2.5 cm) mini Canadian Bocconcini
- 1/2 cup (125 ml) fresh basil leaves, thinly sliced
- Canadian Parmesan for serving

metro
WINTERLUDE
Wednesday, January 28, 2015

# Chill out in the cold

**Festival.** Winterlude features a generous helping of the season's best activities

Winterlude, which begins Friday and runs through to Feb. 16, presents a generous helping of the season's best with a wide range of physical, cultural and social activities. One of those activities is the Rideau Canal Skateway, a UNESCO world heritage site. CANADIAN HERITAGE

JEN TRAPLIN
For Metro

The 37th edition of Winterlude kicks off on Jan. 30 and runs through Feb. 16, with the main festivities happening at three official sites — Confederation Park, the Rideau Canal Skateway and Jacques-Cartier Park in Gatineau.

Confederation Park, the venue for Winterlude's opening ceremony, hosts the magical Crystal Garden, a fusion of art and ice, featuring live ice-carving competitions and demonstrations.

After a visit to the Crystal Garden, lace up your skates and hit the ice on the Rideau Canal Skateway, the world's largest skating rink. This winter is the 45th skating season on the Rideau Canal Skateway, a UNESCO world heritage site.

Jacques-Cartier Park is the home of Snowflake Kingdom, the biggest snow playground in the continent, boasting slippery snow and ice slides, winter sports and games, a zip line, mini zip line, go-carts on snow and a giant maze

Canadian themes and milestones will be celebrated this year at all three of the official Winterlude sites.

The 200th anniversary of the birth of Sir John A. Macdonald will be highlighted at Jacques-Cartier Park and on the Rideau Canal Skateway, with interactive activities presented by Parks Canada to celebrate the life of Canada's first prime minister.

Jacques-Cartier Park will also celebrate the Year of Sport in Canada as visitors will be able to admire sport-themed snow sculptures, play snow soccer and learn more about other winter sports.

And, in Confederation Park, a flag-raising ceremony will take place to commemorate the 50th anniversary of the Canadian Flag.

There are also dozens of activities that will be presented by Winterlude's partners at other venues around the National Capital Region, including a community snow sculpture contest at Lansdowne Park, Cracking Up the Capital Comedy Festival events, a celebration of Northwest Territories Days and the Winterman Marathon and relays.

**More information**

- For more information, visit winterlude.gc.ca, download the mobile app (the definitive guide to the annual Winterlude celebrations in Canada's Capital Region) or follow Winterlude on Twitter or Facebook.

# An even better beerfest

Gatineau's Winter Beerfest is back for a fourth year at the Canadian Museum of History.

A relatively new addition to Winterlude (the first festival was held in 2012), Winter Beerfest organizers are promising this year will be even better, with newly-added live shows and, for the first time since its inauguration, a selection of Ontario beer will be available.

"More and more of our neighbours from Ontario are attending the beerfest. It is therefore natural for us to offer a selection of their beers," said Michael O'Farrell, general manager of the Winter Beerfest.

"We can't ignore the great variety and quality of the products found right on the other side of the river."

Another new addition this year is the self-service area, which aims to enhance the consumer experience by bringing beer aficionados a bit closer to the products.

Throughout the weekend, Distinction by Sodexo, official caterer at the Canadian Museum of History and the War Museum, will be providing gourmet appetizers that pair deliciously well with beer.

For the first time, Ontario beers will be available. CANADIAN HERITAGE

Winter Beerfest features more than 100 beers from over 25 breweries. Organizers are expecting over 10,000 beer lovers to pass through their doors. For tickets and information, visit festibiere.ca. JEN TRAPLIN/FOR METRO

**Chill Factor**

One of the main cultural hubs in the National Capital Region is Downtown Rideau, a great destination for fashion, food and fun, especially during Winterlude, as the Downtown Rideau BIA presents Chill Factor.

- **Creative Sundays**
  Feb. 1, 8 and 15 from 1 p.m. to 3 p.m.
  Ottawa Art Gallery
  Warm up at the Ottawa Art Gallery every Sunday afternoon during Winterlude with free, hands-on art activities for all ages. Discover the exhibitions, spend time with family and friends and create your own masterpiece.

- **Martinis and Manicures**
  Feb. 3 from 3 p.m. to 8 p.m.
  Holtz Spa
  If you and the girls are looking for a fun evening out, look no further than Holtz Spa's Martinis and Manicures.

- **Undercurrents Theatre Festival**
  Feb. 12 to Feb. 21
  Arts Court Theatre
  Undercurrents celebrates its fifth anniversary, this year, moving from Hintonburg to Downtown Rideau where this contemporary performance festival will be hosted by the team behind the Ottawa Fringe Festival.

- **Seafood Delight**
  Jan. 31 from 10:30 a.m. to 12:30 p.m.
  LCBO Kitchen
  Chef Carlton Melbourne, owner of Island Spiced, presents shrimp and lobster in coconut chili sauce, citrus ginger salmon with crab butter sauce, mushroom risotto and lime banana rum cheesecake.

# Carving out winter fun

**Crystal Garden.** 30 professional carvers, from 13 countries, will take part this year

JEN TRAPLIN
For Metro

Discover the beauty of ice in the Crystal Garden. CANADIAN HERITAGE PHOTOS

Discover the magic and beauty of ice in the Crystal Garden at Confederation Park, home of the annual International Ice-Carving Competition.

This year, more than 675 blocks of ice will be used in Crystal Garden throughout the duration of Winterlude, each weighing close to 300 pounds.

Thirty carvers will represent 13 countries, including Canada, France, Japan, Iraq, Russia and Mexico, in the 28th annual Crystal Garden International Ice-Carving Competition, which takes place during the opening weekend of Winterlude 2015.

Fifteen carvers will take part in the One-Block Challenge, where each professional carver will have two hours to create an ice sculpture within this year's competition theme — The Art of Play — out of one block of ice. Organizers say this contest is a good preview of the larger ice sculptures that will be carved during the competition weekend.

In the pairs category, carvers work in groups of two. Teams are given 18 prime quality ice blocks and have 30 hours, spread over three days, to craft their ice masterpieces.

In the solo category, the carvers work alone with seven prime quality ice blocks. They have 28 hours, also over three days of competition, to finish.

On top of the International Ice-Carving Competition, Crystal Garden hosts a number of other ice-related activities and carvings for guests to enjoy throughout Winterlude, including a collective mosaic ice sculpture and public and youth ice carving challenges.

Steps away from Confederation Park is the Rideau Canal Skateway, the world's largest skating rink, extending 7.8 kilometres through the heart of downtown Ottawa. During Winterlude, there will be skating demonstrations, a bed race, the Great Canadian Beaver Cup Pond Hockey Classic and a number of other activities happening along the skateway.

A number of vendors are set up along the Rideau Canal so you can stop and warm up with a hot chocolate and a bite to eat.

For skate and sleigh rentals, skate sharpening and boot check information, visit nccccn.gc.ca.

**Public ice-carving**

Do you think you have what it takes to be a professional ice-carver? Test your skills with Winterlude's Public Ice-Carving Challenge.

A total of 12 spaces are open for this competition and there are cash rewards on the line — including $100 for first place — and no experience is necessary.

The Public Ice-Carving Challenge takes place on Sunday, Feb. 8 from 10 a.m. to 3:30 p.m. at the Crystal Garden in Confederation Park.

More information, instructions and the online registration form can be found at canada.pch.gc.ca.

Snowflake Kingdom is one of the most popular hangouts.

# Enjoy Winterlude's snow playground

Every year, hundreds of thousands of visitors join in on the Winterlude activities at Snowflake Kingdom in Jacques-Cartier Park, the site of the biggest snow playground in North America.

One of the busiest and most popular Winterlude hangouts, Snowflake Kingdom includes kicksledding, downhill skiing, ringette, snow soccer and, of course, the giant snow slides.

To bring the Kingdom to life, two giant snow cannons have been running 24/7 since Dec. 29 to create the more than 35-thousand cubic metres of snow needed this year. That's about 2,500 dump truck loads.

"We spent an entire week just making snow for the first slide," says Benoit Briere, a member of the Snowflake Kingdom planning team from Ville de Gatineau.

Each snow slide has its own distinct slope, height and speed to make sure that there are slides suitable for every age group. On the busier days, the slides have been known to accommodate more than 2,000 people an hour.

JEN TRAPLIN/FOR METRO

**Hours of operation**

- Mondays and Thursdays – 9 a.m. to 4 p.m.
- Fridays and Saturdays —9 a.m. to 9 p.m.
- Sundays – 9 a.m. to 6 p.m.
- The park is closed on Tuesdays and Wednesdays.

# This is why I love winter!

Featuring DJ Paris & Simo and Video Girl

## Winterlude Opening Ceremony

**Friday, January 30 at 7:30 p.m.**
**Confederation Park, in Ottawa**
An exciting evening that you won't want to miss, featuring musical performances, an electrifying fire show, and a DJ dance party.

**CRYSTAL GARDEN AT CONFEDERATION PARK**
Come and discover glittering ice-sculpture masterpieces.

**RIDEAU CANAL SKATEWAY**
Skate on the world's largest skating rink.

**SNOWFLAKE KINGDOM IN GATINEAU**
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**January 30 to February 16 | 1-844-878-8333 | winterlude.gc.ca**

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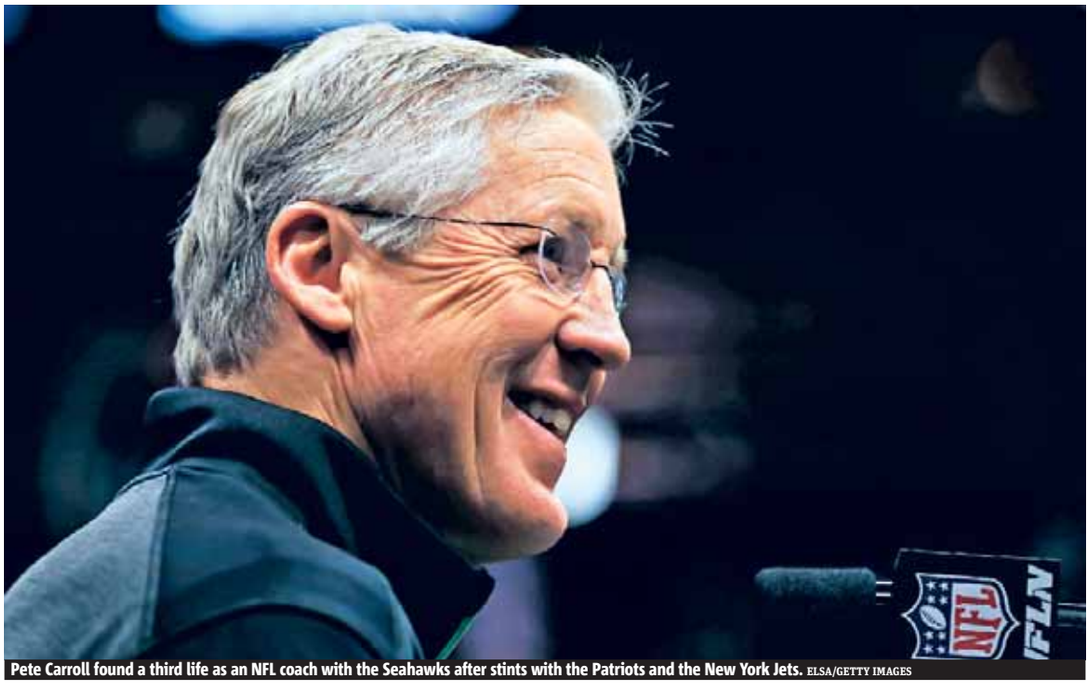


Pete Carroll found a third life as an NFL coach with the Seahawks after stints with the Patriots and the New York Jets. ELSA/GETTY IMAGES

# Carroll credits Pats firing for his success

**Super Bowl.** Seahawks coach has opportunity to join select group with two championships

Looking back at the championships he won at Southern Cal and the Super Bowl title a season ago with Seattle, Pete Carroll can see exactly where the foundation for all that success was built.

The 2000 football season was the only time since 1972 that Carroll did not work in coaching in some capacity, whether it was as a graduate assistant, position coach, co-ordinator or head coach. He'd just been fired by New England after going 8-8 in his third season there, placing Carroll into the fraternity of twice-fired NFL head coaches. Carroll had ideas for how he wanted to run a team, but never solidified the guiding principles.

Getting fired might not have seemed necessary at the time, but proved vital in creating Carroll's future.

"I'll never know that and I'm going to take it for the way it happened was necessary," Carroll said. "The pain and the struggle and the hardship and then the challenges of bouncing back were all part of the rebirth of that — of the philosophy and a mentality."

**Quoted**

**"He trusts his players more than I think a lot of coaches do, and we appreciate him for that."**

**Seahawks cornerback Richard Sherman** on head coach Pete Carroll

Fifteen years after being dismissed by Robert Kraft and New England, Carroll will face the Patriots as he tries to join another rare fraternity of coaches who have led teams to consecutive Super Bowl titles.

That year out of football was the birth of "Win Forever" and all the other catch phrases that go along with being part of a Carroll-coached program. And much like last year's Super Bowl in New York, where Carroll got his first NFL head coaching job with the Jets, this trip to the championship game brings another chapter of his career full circle.

"It gave me an opportunity to really collect my thoughts about moving forward and to get pointed in the direction that, really, we have maintained since," Carroll said. "I had a tremendous opportunity to reflect on the time that I had had." THE ASSOCIATED PRESS

## Lynch speaks on Media Day but doesn't say much

Seattle Seahawks running back Marshawn Lynch constantly repeated, "I'm here so I don't get fined" for five minutes before leaving the podium at Media Day.

About 200 reporters crowded around Lynch's podium for at least 15 minutes before he arrived. But Lynch wouldn't answer any questions.

He set a timer on his phone, caught a bag of Skittles tossed from the crowd and stopped to pick up a reporter's recorder off the floor before he walked away. THE ASSOCIATED PRESS

Marshawn Lynch
GETTY IMAGES

## Gronkowski '100 per cent healthy' and ready to roll

Rob Gronkowski's ankle is fine. So are his forearm and knee. He's way past those injuries that ruined his last three post-seasons.

The fun-loving but hard-working Gronkowski was back on a Super Bowl Media Day platform on Tuesday. His laugh and smile were present, just as they were three years ago. The questions were different.

"It feels good to be 100 per cent healthy," the tight end said, "and not get a million questions like last time about my ankle." THE ASSOCIATED PRESS

Rob Gronkowski
THE ASSOCIATED PRESS

**Dental work**

### Woods debuts repaired smile

Tiger Woods was all smiles Tuesday — and with a full set of teeth.

Woods gave a play-by-play account of how his front tooth was knocked out in Italy on Jan. 19 to celebrate girlfriend Lindsey Vonn's record 63rd World Cup victory. He said one tooth was chipped and the other was cracked. Both were replaced before he arrived to start his season at the Phoenix Open.

He said he wore a skeleton-patterned scarf over his face to avoid being recognized, making a crack about how difficult that can be for a man of black heritage at a World Cup ski race in Italy.

"Not a lot of brown dudes at ski races, OK?" he said with a laugh, as cameras clicked at his smile. THE ASSOCIATED PRESS

**Golf**

### Royal Troon to review male-only members policy

Royal Troon Golf Club, the host of the 2016 British Open, says it will review its male-only membership policy.

A statement on Tuesday says Troon will "shortly undertake a comprehensive review" which will allow it "to consider the most appropriate membership policy for the future." THE ASSOCIATED PRESS

**Olympics**

### IOC rejects idea of joint Saudi-Bahrain bid

The IOC shot down a suggestion by a Saudi Arabian official Tuesday that the ultraconservative nation could seek to co-host the Olympics with neighbouring Bahrain by having male and female athletes compete in separate countries.

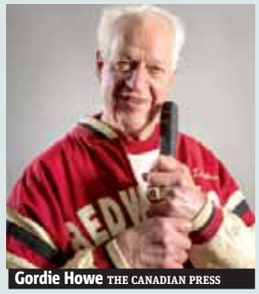
Prince Fahad bin Jalawi Al Saud, an international relations consultant to the president of the Saudi Arabian Olympic Committee, told a French website that resolutions passed by the IOC last month open the door for a possible joint bid with men's events on Saudi territory and women's competitions in Bahrain. THE ASSOCIATED PRESS

Stem cell treatment

## Howe's condition greatly improves

NHL legend Gordie Howe is doing so well after stem cell treatment that his son would like the hockey legend to undergo the treatment again. Gordie Howe suffered a pair of strokes late last year.

Marty Howe says his father did not have long to live when the family decided to take him to Mexico last month for stem cell treatment. He adds that his father can now walk again and his speech is improving. THE CANADIAN PRESS



Gordie Howe THE CANADIAN PRESS

NHL

## Demotion to AHL for Kings' Richards

The LA Kings have assigned Mike Richards to their AHL affiliate after the high-priced centre cleared waivers.

The Kings assigned Richards to the Manchester Monarchs on Tuesday after no NHL team picked him up. Richards went on waivers Monday after several seasons of declining offensive production. The formerly prolific goal-scorer and Stanley Cup winner has just five goals and 10 assists in 47 games this season. THE ASSOCIATED PRESS

Mike Richards GETTY IMAGES

Soccer

## Ivanovic heads Chelsea into final

Branislav Ivanovic headed Chelsea into the League Cup final with a 1-0 victory over Liverpool on Tuesday, settling an enthralling semifinal in extra time.

After a 1-1 draw in the first leg, Ivanovic rose to meet Willian's free kick in the 94th minute at Stamford Bridge to secure Chelsea's progress. The Premier League leaders were fortunate to complete the heated and compelling game with 11 men after Diego Costa avoided punishment for stamping on Liverpool duo Emre Can and Martin Skrtel. By denying Brendan Rodgers a first final as Liverpool manager, Jose Mourinho can now prepare for the first of his second spell at Chelsea.

Chelsea, which won the competition in 2005 and 2007 under Mourinho, will face either Spurs or Sheffield Utd, who play Wednesday, in the March 1 final at Wembley Stadium. THE ASSOCIATED PRESS

# Clara's Big Ride tackles taboo

**TV special.** Olympic heroine Hughes is happy documentary is not just about her and hopes it will educate people on mental illness

Clara Hughes rode her bike 11,000 kilometres for 110 days around Canada to get people talking about mental illness.

She's pleased the documentary Clara's Big Ride isn't just about her. A one-hour television special chronicling her journey airs Wednesday on CTV and will also be available all day on CTV.ca and CraveTV. It could have been all about cycling through hard crosswinds, driving snow and exhaustion from March 11 to July 1, 2014.

But Hughes instead provides the thread between stories told by Canadians affected by mental illness: a teacher who has depression, anxiety and panic attacks; a university student who attempted suicide; a community worker in northern Canada trying to prevent youth suicide; a soldier with post-traumatic stress disorder.

Hughes — winner of six Olympic medals in cycling and speed skating — was to join them in Toronto on Tuesday for a special screening of the documentary. "Of course it brings back so many emotions of what that ride was," she told The Canadian Press.

"What I like the most about it, and what I think people will be very surprised at, is most of it is not actually about riding a bike. It's not about me. It's about 10 different stories along the way of predominantly younger Canadians and what their struggle was, what their story is." It's been almost seven months since the 42-year-old from Winnipeg concluded her epic ride on Parliament Hill in Ottawa. She participated in 235 events in 105 communities.

Hughes feels she achieved her goal of starting a conversation about mental illness and removing the fear of talking about it. But she sees Canada's health system and how it treats mental illness as another mountain to be climbed. A woman struggling with an eating disorder says in the documentary that she was told by her doctor to "just eat something".

Another with depression says she was told by her physician to not talk about it because people would judge her. "What I'm seeing is we have a big problem in that the system is not there, and if it is there, it is not yet trusted for people to reach to," Hughes said.

"The conversation is stimulated and people are reaching out more and more and more, but what is there for them to reach out to? This is the reality. This is a big problem to be solved." THE CANADIAN PRESS

Problem

**"What I'm seeing is we have a big problem in that the system is not there, and if it is there, it is not yet trusted for people to reach to."**

Clara Hughes

Clara Hughes cycled for 110 days around Canada to raise awareness for mental illness THE CANADIAN PRESS

# Goalkeeping great Brodeur to announce retirement

Martin Brodeur will joins Blues in management role THE CANADIAN PRESS

Martin Brodeur, one of the greatest goaltenders in NHL history, is retiring. The 10-time all-star and four-time Vezina Cup Trophy winner finished his career with St. Louis after a standout career with New Jersey, and will join the Blues in a management role in hockey operations. A news conference was set for Thursday morning before the Blues return from the All-Star break to play Nashville.

"It's kind of sad to see a guy like him hang 'em up," said Brian Elliott, the Blues' all-star goalie. "I was grateful to be on the same team with him."

The 42-year-old Brodeur wrapped up his 22-year career with St. Louis after signing as a free agent on Dec. 2. He was 3-3 with a 2.87 goals-against average and in his final victory became the fifth-oldest goalie to post a shutout in a 3-0 win over Colorado on Dec. 29.

He last played on Jan. 2 in a loss at Anaheim and he hadn't returned to the team since being granted a one-week leave of absence on Jan. 14. Brodeur had dropped to third on the depth chart after Elliott returned from a knee injury, with 24-year-old Jake Allen sharing the position.

"It's an extremely smart move," forward Alexander Steen said. "All the experience is so valuable to have in an organization. That stuff spreads."

On the Devils' website, general manager Lou Lamoriello said he anticipated Brodeur's job to be for the rest of the season and that the goalie would be welcome to rejoin New Jersey in a front office role after that. "Marty is a very loyal guy in both ways," Lamoriello said to NJ Advance Media. "They gave him an opportunity (to play). He'll be back with the Devils." Brodeur played his first 21 seasons with the Devils, who did not re-sign him after committing to Cory Schneider as the No. 1 goalie.

The Montreal native was 691-397-176 with a 2.24 goals-against average, .912 save percentage and 125 shutouts in 1,266 career appearances. He holds regular-season NHL records for wins, games and minutes. THE ASSOCIATED PRESS

Honours

**Brodeur won three Stanley Cups with the Devils and was a two-time Olympic gold medallist with Team Canada in 2002 and 2010.**

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**2015 Toyota Yaris**

- **Type.** Two- or four-door subcompact hatchback
- **Engines.** 1.5-litre four-cylinder (106 hp)
- **Transmissions.** 5-speed manual or 4-speed automatic
- **Price.** $14,545 base, $17,665 as-tested

**Market position**

This is the segment where automakers advertise their rock-bottom prices, but be careful. Most base models don't come with air conditioning, power windows or other convenience features, so add in their cost for comparison if you want them.

**Points**

- The car's single wiper blade looks neat and does a great job of cleaning the windshield.
- Although it's officially a five-passenger, you should realistically expect to get just two adults in the back.
- Controls are simple and straightforward, but the lock and window buttons need backlighting at night.

The rear seats really only hold two adults, but fold down for cargo.

**Interesting features**

Nine airbags, USB port, power locks, digital clock, 60/40 folding rear seat, and rear wiper/washer are all standard equipment; options include a leather-wrapped steering wheel, keyless entry, heated mirrors and fog lamps.

# Aging star gets a facelift

PHOTOS: JIL MCINTOSH

**Review.** Refreshed Toyota Yaris looks good but the unchanged mechanicals feel a little bit behind the times

JIL MCINTOSH
drive@metronews.ca

Once a rather dull-looking little car, the Toyota Yaris gets a major facelift for 2015.

Sporting a grille reminiscent of some Lexus models, the company's entry-level runabout now looks the part in this competitive subcompact segment.

You can get it as a two-door hatchback, which comes in a single trim level at $14,545. The four-door hatch comes in two trim levels, starting with the LE at $15,695, and my top-line SE tester, which starts at $17,665.

Mine had a five-speed manual, while the available four-speed automatic takes it to $18,665.

The mechanicals didn't get changed in this update, and they're a little behind the times, but they do the job.

The 1.5-litre four-cylinder engine makes 106 horsepower and, although that doesn't sound like much, it's a fun little car to drive, especially with the stick shift.

A sixth gear would be nice, since the engine revs more than I like at highway speeds.

There's a lot of hard plastic in the cabin, but it's a handsome, functional design.

The suspension and steering have been tweaked, and the Yaris feels rigid and stable, with a tight turning radius that's handy for getting into tight parking spaces.

I'd like to see Toyota add hill-start assist, which momentarily holds the brake when you're stopped on an incline and gives you enough time to get your foot from the brake to the throttle without rolling backwards. It's handy for all drivers, but especially younger or inexperienced ones who are likely to be shopping in this price range.

Air conditioning, power windows, cruise control, and keyless entry are extra-charge on the base LE trim line, but standard equipment on the SE.

There's a lot of hard plastic in the cabin, as you'd expect for the price, but it's a handsome design and very functional.

The SE's sport-style seats are comfortable and fairly supportive, and you can fold down the rear seats for extra cargo space.

It may not be fancy, but the Yaris remains a viable contender in the little-car segment.

**Compare**

**1 Nissan Micra**
**Base price: $9,998**
Canada's least-expensive car can only be found here; it's not sold in the United States.

**2 Hyundai Accent**
**Base price: $13,599**
Hyundai has lowered its prices now that the new Canada-Korea Free Trade Agreement is in effect.

**3 Ford Fiesta**
**Base price: $14,999**
Three engines range from the 120-hp base to a 197-hp turbo hot-hatch version.

DRIVE

# **Shift:** From hybrids, technology, new vehicles and the environment, to saving money at the pumps

## Next-gen Volt will share Cadillac's battery regeneration system

The upcoming replacement for the Chevrolet Volt will get the same driver-controlled battery regeneration system already being used in the range-extended Cadillac ELR, reports Automotive News. The two vehicles now essentially share their power systems. The ELR's Regen on Demand allows the driver to decelerate while descending a hill or approaching a turn under braking, converting the car's kinetic energy into electricity stored in the battery pack. It gives drivers the opportunity to "finesse their eco-driving a little bit," controlling the regen directly and not just through the brake pedal, explained Volt chief engineer Andrew Farah. Two paddles on the back of the steering wheel allow the driver to adjust the amount of energy captured by the braking system.

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM

The next Chevrolet Volt will get some of the technical goodies that were initially saved for the luxury Cadillac ELR.

## Automatic recharging system could make life easier for Tesla S owners

Tesla Motors founder and CEO Elon Musk announced this month that his company is working on a robotic arm for recharging its Model S electric plug-in sedans. It would eliminate the driver's need to plug in the car when parked. The robotic system would do away with the need to locate the cable, plug it into the car and turn on the charger. Musk tweeted that the charger automatically moves out from the wall "and connects like a solid metal snake." This was followed by a second tweet: "This can be used with all existing Model S cars, not just future ones."

What's worse than being too lazy to plug in your car? Forgetting. Tesla is working on an arm that will do it for you automatically.

### Shift points

- Auto industry news, data and statistics provider WardsAuto has stretched the meaning of the word engine, by including an electric motor from BMW's plug-in i3 city car and Hyundai's fuel-cell powertrain from the Tucson on its annual Top 10 list of engines.
- Since it introduced the first Leaf electric plug-in sedan four years ago, Nissan and its partner-owner Renault have delivered more than 200,000 electric cars, which have driven roughly four billion zero-emission kilometres.
- Electric car owners in Northern Indiana are getting free electricity to recharge between the hours of 10 p.m. and 6 a.m. The Northern Indiana Public Service Company offers the zero rate to owners who install a separate meter just for EV charging.

## Volvo tests three-cylinder engines

A Volvo-developed line of three-cylinder engines is the next step in the Swedish automaker's Drive-E program, intended to showcase its engineering prowess and commitment to developing "efficient power." The engines will deliver up to 180 horsepower and will join the existing four-cylinder line of Drive-E engines, which is the first step in the program. Volvo has a history of developing its own engines in-house. Research and development chief Peter Mertens says adding a three-cylinder to the mix is "a natural step" in Volvo's downsizing strategy, and the engine itself is "another step toward zero emissions and real-world performance." Even Volvo's 60 Series sedans will get the three-cylinder option, made possible through "advanced turbo technologies," while meeting ever-stricter emission targets.

## Audi unveils an A7 powered by a hydrogen fuel cell

Audi recently unveiled a hydrogen-powered A7 all-wheel-drive coupe, which shows the German automaker's readiness to deploy hydrogen technology should the market ever demand it. Audi fitted an electric motor at each axle, reports Motor Authority, with the electricity to power them coming from either a hydrogen fuel cell or a lithium-ion battery that can be charged from home or topped up with regenerative braking. The fuel-cell system makes 228 hp and 398 lb.-ft. of torque. The driving range on a full tank of hydrogen is 515 kilometres, which can be extended by 50 km if the vehicle's battery is fully charged. However, Audi has no current plans to put the car into production.

## Ferrari's laboratory car is a high-tech beast

Ferrari showed its latest rolling test bed in oil-rich Abu Dhabi in December. The FXX K is a rolling laboratory car based on Ferrari's first Hybrid model, the LaFerrari, and will be available to super-wealthy customers — called Client-Test Drivers — with whom Ferrari will roll out a test program over the next two years. The 40 copies in the works are all are spoken for. The K in its designation refers to the kinetic energy recovery system (KERS), but that doesn't make the FXX K exactly green. Just 190 of the car's total 1,036 horsepower output comes courtesy of the electric motor and KERS system, with the balance exploding from its advanced 65-degree V12 engine. No price was disclosed. KERS uses a small flywheel that's electrically spun up to very high revolutions during braking. The driver can then slow the flywheel to generate electricity for short bursts of power.

Electricity can improve fuel efficiency. But with supercars such as the Ferrari FXX K, it is used to generate more power.

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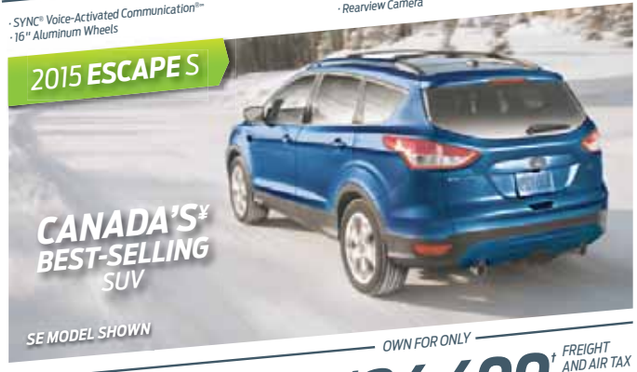


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## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

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→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
Travel arrangements may be subject to delays today, so give yourself plenty of time to get where you need to be. If you do get held up, take it in stride.

### ♉ Taurus
**April 21 - May 21**
Don't let a friendship suffer over a money issue that is of no importance. It may seem a big deal to you now but in a matter of days you will realize it wasn't worth the time or the energy.

### ♊ Gemini
**May 22 - June 21**
A loved one will go out of their way to do something they hope you approve of today. Even if you are not impressed pretend that you are, because if you help them feel good now they will help you later on.

### ♋ Cancer
**June 22 - July 23**
Keep your eyes and ears open today because something you see or hear could be the final piece in a puzzle that has been causing you sleepless nights.

### ♌ Leo
**July 24 - Aug. 23**
Don't leave loved ones guessing what you expect of them. This is one of those times when you must spell things out in words of three syllables or less.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Someone who never seems to stop complaining is beginning to get on your nerves and at some point today you will have to confront them.

### ♎ Libra
**Sept. 24 - Oct. 23**
You may not be enthusiastic about what you are expected to do today but if you are smart you will do it anyway. Others look up to you as someone who can be relied on.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
A money-making idea may seem to be the answer to your prayers but as mind planet Mercury is going through one of its retrograde phases it will pay to be cautious.

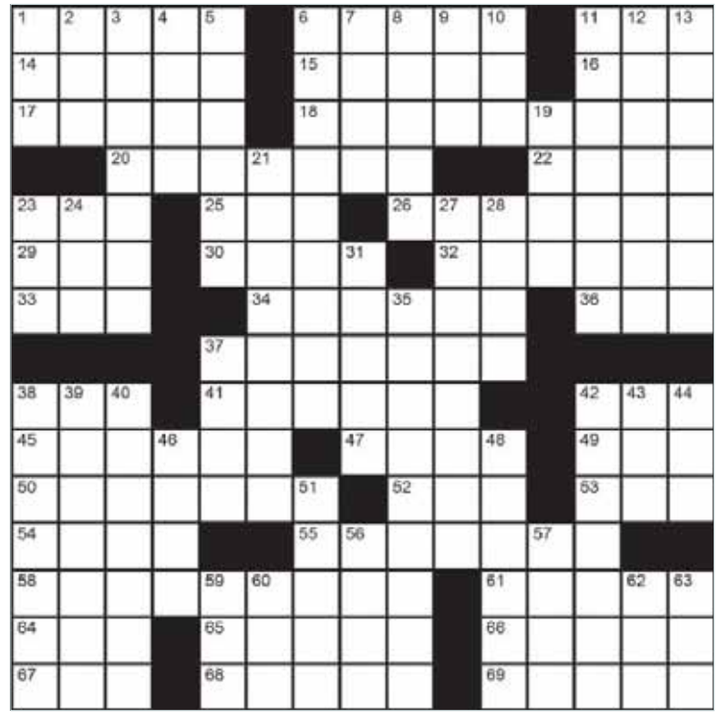
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
A loved one will say something thoughtless today and your feelings will be hurt. Don't plot your revenge. It's unlikely they meant to be spiteful.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
You may be tempted to cut corners and do less than your best on a task today but is that such a good idea? It will lead to mistakes and those mistakes will cost a lot to correct.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
You are wasting time and energy fantasizing about things that are never going to happen. Today's Mercury-Uranus link demands that you bring your dreams down to earth.

### ♓ Pisces
**Feb. 20 - March 20**
The course of action you're about to take won't meet with everyone's approval but you don't care. Do it your way!

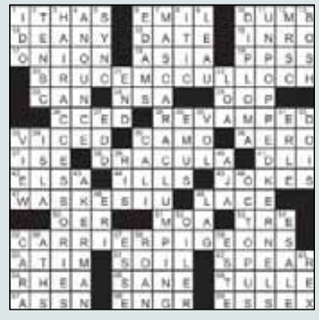
## Crossword: Canada Across and Down by Kelly Ann Buchanan



### Across
1. Cooking: Not set high: 2 wds.
6. Hollies hit bit: "... heavy, __ __ brother."
11. US cable network
14. Depression-era song: "Brother, Can You Spare _ __?"
15. Web-sent party notice
16. Promise to pay
17. Hockey, for example
18. Late-'70s futuristic series starring #40-Down: 2 wds.
20. Ancient Assyria's capital
22. Possess
23. Yalie
25. Soul: French
26. Footsteps
29. Industry, colloquially
30. "...__ _ ring on it." - Beyonce
32. Jean-Philippe __ (Baroque composer)
33. Spelling contest
34. Group of Seven member Arthur
36. "How ya doin'?"
37. Milk intolerance reason
38. Ms. Kardashian
41. Turtles tune: "__ __ Me Babe"
42. Arrow's partner
45. "That may be, but...": 2 wds.
47. Bun
49. Admiration
50. Whistle-holding cord
52. Name for many Popes
53. He humans
54. Eleven: French
55. Google yourself
58. 'Deep Fantasy' is a current album by what Vancouver punk rock band?: 2 wds.
61. Starts racing!: 2 wds.
64. __ Valley, San Francisco
65. Gambling mecca in China
66. Famous violin, commonly
67. Bronze Roman money
68. Actress, Holly Robinson __
69. Broadway performer Ms. McDonald

### Down
1. '_' __ in Ottawa
2. Tom Mulcair's pol. party
3. Exalt enormously
4. Actor Mr. Katz
5. Fast food towelette
6. Sans serif font style
7. Ancient celebrator's "Whoopee!"
8. Swooning sounds
9. Kingston Trio hit
10. Yearning
11. Rants
12. Moncton's province, in French: __-Brunswick
13. Does a car maintenance job: 2 wds.
19. Carpentry wedge
21. Imitator
23. Decline
24. Untruth
27. Bridge frameworks
28. Scarce
31. Displaying activity
35. Late night talk show opening
37. "The Simpsons" sister
38. BC: Okanagan Valley city
39. Sir Walter Scott novel about a Saxon knight
40. Toronto-born actress Heather (See #18-Across and #48-Down for more!)
42. Canadian country star Gord
43. "Thanks! I __ you one."
44. Hair care brand
46. Novosibirsk 'no'
48. Daughter played by #40-Down in "The Sound of Music" (1965)
51. Tie score in tennis
56. Bothersome bug
57. Alphabet sequence
59. 'E' in HRE, for short
60. Papua New Guinea seaport
62. Outlying
63. US health-related agcy.

## Yesterday's Crossword



**Online**

See today's answers at metronews.ca/answers

## Conceptis Sudoku by Dave Green

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 1 | 9 | 7 | 2 | 5 | 8 | 4 | 6 |
| 5 | 4 | 7 | 9 | 6 | 8 | 2 | 3 | 1 |
| 2 | 6 | 8 | 3 | 4 | 1 | 9 | 5 | 7 |
| 6 | 7 | 5 | 2 | 1 | 9 | 4 | 8 | 3 |
| 4 | 8 | 2 | 6 | 3 | 7 | 5 | 1 | 9 |
| 9 | 3 | 1 | 5 | 8 | 4 | 7 | 6 | 2 |
| 1 | 5 | 3 | 8 | 9 | 2 | 6 | 7 | 4 |
| 8 | 9 | 6 | 4 | 7 | 3 | 1 | 2 | 5 |
| 7 | 2 | 4 | 1 | 5 | 6 | 3 | 9 | 8 |

### Today's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 5 | | 8 | | | | |
| | | | | | 1 | 3 | | |
| 8 | | | 9 | | 2 | | 1 | |
| | | 1 | | | | 2 | 7 | |
| 3 | | | | | | | | 5 |
| | 9 | 6 | | | | 4 | | |
| | 2 | | 5 | | 9 | | | 8 |
| | | 7 | 3 | | | | | |
| | | | | 4 | | 6 | | |

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CITY: 10.4L/100 KM▼

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